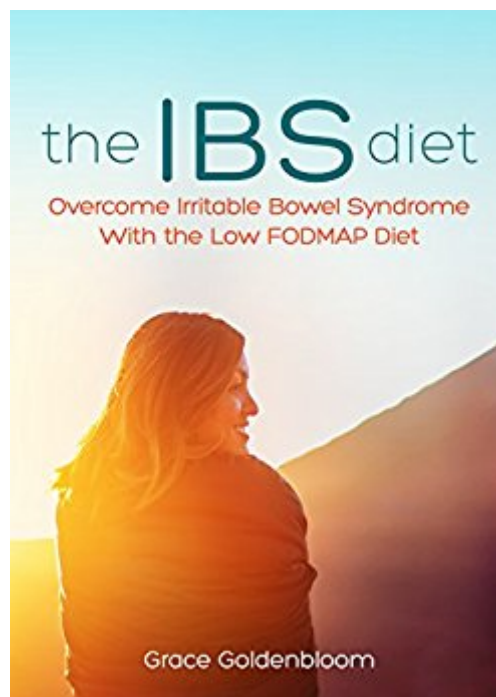


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# The IBS Diet: Overcome Irritable Bowel Syndrome With The Low FODMAP Diet (Food Allergies And Intolerances) (Irritable Bowel Syndrome Treatment Book 1)



## Synopsis

Stop Suffering From IBS Now! If you suffer from IBS you understand how this condition can affect every area of your life. Mealtime is no longer the fun and satisfying part of life that it used to be, but a stressful daily event that can cause painful suffering, embarrassment and a sense of despair when you can't seem to get the help that you need in order to feel yourself again. Fortunately, an answer has finally arrived. The Low-FODMAP Diet is a proven method to relieve the symptoms of irritable bowel syndrome by cutting out FODMAPS—difficult to digest carbs that can be found in certain fruits, vegetables and nuts, as well as sweeteners, milk, soy and wheat. By cutting out these specific carbohydrates, you'll finally be able to experience the relief that you've been waiting for. Here's What You'll Learn:—What irritable bowel syndrome is How to effectively treat IBS through medications as well as diet A list of IBS trigger foods What FODMAPS are and how they relate to your IBS A delicious collection of 28 low-FODMAP recipes to help you effectively manage your IBS for good! Plus more! Enjoy tasty recipes such as—Tropical Coconut Smoothie Coconut Flour Cranberry Muffins Creamy Kale Soup Mayo-Free Tuna Salad Chipotle Chicken Burgers Spiced Pumpkin Bread Plus more! Download The IBS Diet today and finally experience the relief that you've been waiting for! Tags: IBS, Irritable Bowel Syndrome, IBS diet, IBD treatment, IBS relief, IBS cure, low FODMAP diet, Irritable Bowel Syndrome Diet, healthy eating, healthy cooking, healthy lifestyle, healthy living, natural remedies, natural health, natural healing

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## Customer Reviews

Very helpful to have some information at your fingertips when trying to deal with flareups of IBS.

A very interesting and educational information about IBS. It clears up a lot of questions.

Very helpful information. I liked the suggested recipes.

very basic information

Lacks information.

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