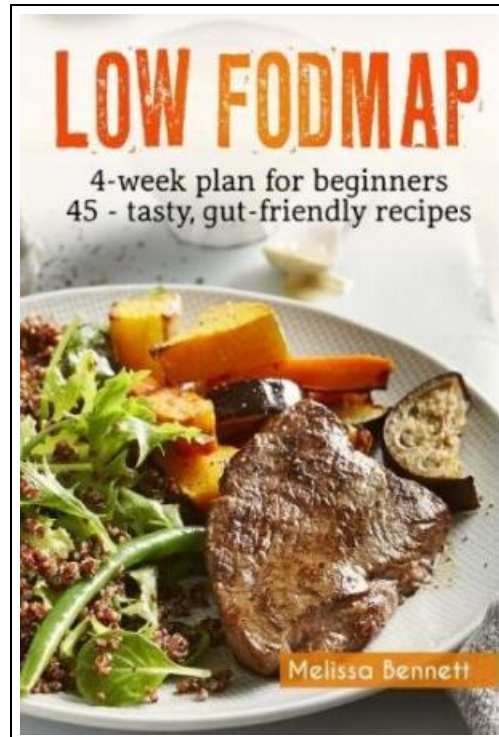


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Reviews

A brand new electronic book with a new standpoint. It is written in basic phrases rather than confusing. It has been designed in an extremely basic way which is merely right after I finished reading through this publication where it basically altered me, changing the way I believe.
(Kitty Crooks)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Relieve your painful IBS symptoms permanently with The Low FODMAP 4-WEEK Plan. It is estimated that somewhere between ten and fifteen percent of the world's population suffers from the symptoms of Irritable Bowel Syndrome, more commonly referred to as IBS. The symptoms of this condition range from bloating and gas to disruptive changes in bowel habits and severe abdominal pain. While the exact cause of IBS in individuals is not known, it is a generally well accepted theory that diet and food sensitivities play a major role in gastrointestinal conditions and how the symptoms present themselves. While the scientific research about the use of low-FODMAP foods has been primarily centered around the treatment of IBS, for this book, I would also like to include those who suffer from other types of Functional Gastrointestinal Disorders (FGIDs) such as, functional dyspepsia, abdominal migraine, functional constipation and cyclic vomiting syndrome, among others. While research is limited in the use of FODMAPs in treating FGIDs, there is promising potential that low-FODMAP foods can help to ease symptoms from a variety of conditions in addition to IBS. Some people with food sensitivities such as celiac disease and irritable bowel syndrome might be able to find some relief as well although they should consult with their doctor before embarking on this or any other eating plan. Inside this book you will find: Your FODMAP Plan The Low FODMAP Plan in ActionWeekly meal plans 45 tasty recipes Want to learn more? Scroll to the top of the page and select the BUY button. Download your copy today! And get a FREE Bonus Inside! The information in this book is not intended to provide medical advice or to diagnose...



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