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# 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.



## Synopsis

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](http://ibsfree.net).

## Book Information

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## Customer Reviews

In my search to understand my IBS and fibromyalgia diagnoses, this is one of the first things I've found that explains why my attempts to relieve symptoms by trying various elimination diets has had such mixed results. The author, who documents the current research, gets down to the nitty gritty in a readable fashion about the various fermentable sugars and how they can create havoc in the digestive system for some. The practical and healthy diet guide, along with the do and don't eat lists is much clearer than anything I've found in my web searching, and most importantly, she addresses

the issue of PORTIONS. A bonus is a website where she answers questions. Given the huge number of websites and books out there, some promoting questionable diets and cures, and others only geared to medical professionals, it's a relief to find something so well researched and professional yet easy to "digest."

I've struggled with digestive symptoms for over five years, had numerous tests, went to the Mayo Clinic, etc. The medical community has offered few solutions related to diet, and so it is a joy to find a book that is based on the actual chemistry of foods. Though I had heard of lactose intolerance and celiac disease, the concept that several vegetables and fruits would be problematic was new to me or, if not new, difficult to believe. This author, a registered dietician, explains why healthy foods recommended by so many can prove debilitating to some people. Once I got a credible explanation, I could actually give the diet a try. Now, after adopting her approach, I've lessened my symptoms significantly. Since much of her work is based on work done by scientists in Australia and the UK, it's clear that research along this vein in the U.S. is far behind. Nonetheless, if you have failed to find relief through the standard IBS advice, try this. You very well may find your life less burdened by the chronic drag of IBS.

Shipping was great as usual with . Received w/in the time period I \*paid\* for. There really seems to be something to these FODMAPS. The main value of this book was that it allowed me see some of the other aspects of food that may be affecting my bowel condition (IBD-Ulcerative Colitis). After reading this book, I started to question the role bacteria were playing in my gut; this led me to get a Bacterial Overgrowth test (normally only for IBS), which turned out to be positive and is now being treated to help deal with my colitis flare. I mainly bought the book in the first place because it said it had food and grocery shopping lists, which it does, but they are not very elaborate lists, just basics- while there are just so many foods out there that one would need FODMAP info on. I actually obtained more FODMAP info for various foods just searching online and compiling my own spreadsheet for Raffinose, Lactose, Fructose, Sorbitol, Starches, Sulfur, Inulin/FOS, Caffeine, Soluble/Insoluble fiber, etc. Overall I'm glad I bought this book because it contains more and useful information regarding what I think is becoming more and more of a problem for people across the globe- food intolerance due to consuming too many non-natural, lab created, modified, etc, food ingredients and preservatives.

Readers should be aware that as of October 2011, the author says that many of food described as

"allowed" in the book no longer are so. Unfortunately, you will not find this information in the book. Instead it's awkwardly spread across posts on the author's web blog. That's unfortunate for people who will follow the advice in the book and have poor results because the book isn't accurate, never realizing there are quite a few important addendums online. I do appreciate that the author keeps her web site updated, but you won't find a definitive, up-to-date list of allowed (and not-allowed) foods anywhere. I worry that this is intentional, because having these lists easily accessible and free would make the book sell less? I hope that's not the reason. Anyhow, I understand that research in this area is still somewhat evolving, but perhaps that is the best reason to keep this information on the web where it can be easily updated. I did enjoy the brief chapter that clearly explained what each of the FODMAPs were, and how fructans comprise both fructo-oligosaccharides and inulins (the relationships had been muddy in my mind). The author also seems to (as of October 2011) respond to some questions on her Facebook and Twitter accounts as well as comments left on the previously-mentioned blog. 2 stars for information and 1 star for effort.

I have been flailing about for years, trying to find out what was causing my gut so much grief! My dr. called it IBS (which I believe is doctor-speak for "I don't know what's bothering you, just stop bothering me!") and handed me a leaflet about increasing fiber and avoiding stress. No help there. I found my first relief with low-carb dieting, so I assumed that grains and sugar were the problem and eliminated them both, but issues continued. My DIY elimination diets were haphazard and the results were always conflicting and confusing. This diet addresses FODMAPS, the group containing five subgroups of carbohydrates at the root of much IBS. And it spells out in clear, easy-to-follow instructions what to eliminate and why and, most importantly, gives a road map for reintroducing them--a group at a time. It never would have occurred to me that wheat, onions, green beans, and pineapple(!) could have anything in common, but they all contain high levels of fructans, which are among the hardest of all carbs to digest. Along with that is fructose (yes, even the healthy fructose in fresh fruit), polyols, lactose, galactans. If you are wondering why wheat (or fruit, or honey, or onions or . . . ) makes you feel bad one day, but not the next, and are beginning to think it is all in your head, try this book. Very practical and informative.

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