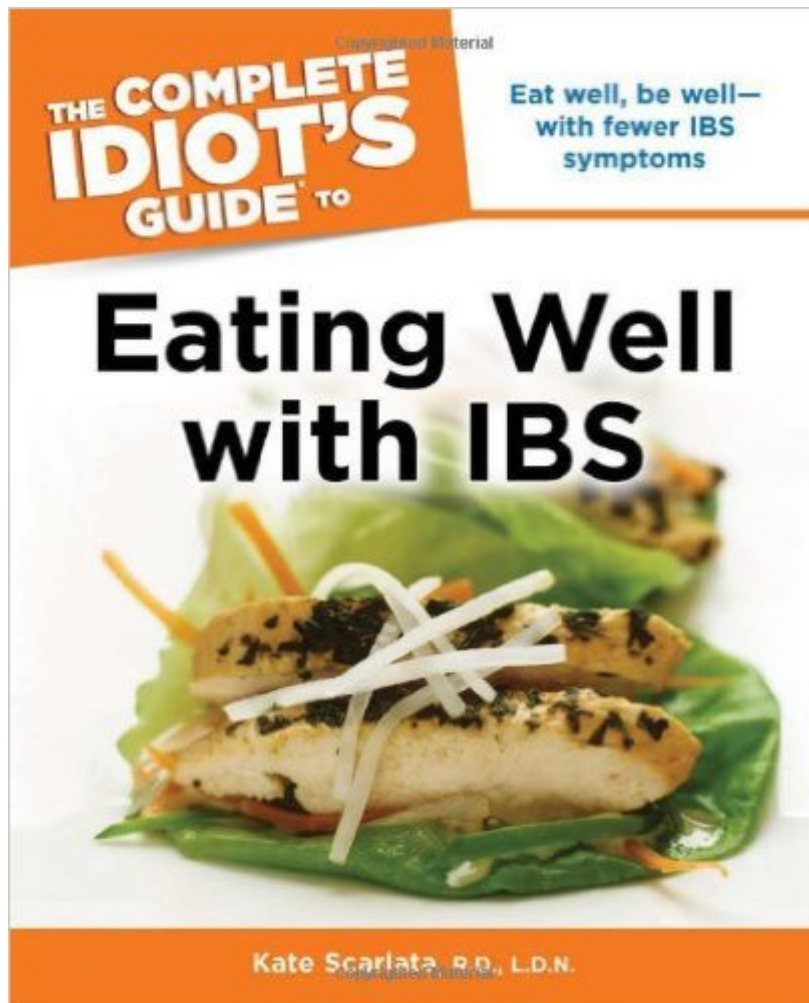


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# The Complete Idiot's Guide To Eating Well With IBS (Idiot's Guides)



## Synopsis

Soothe your digestive system with 200+ meal plans and recipes. The Complete Idiot's Guide(r) to Eating Well with IBS will introduce readers suffering from Irritable Bowel Syndrome (IBS) to the information they need to identify the foods that trigger symptoms and prepare recipes meal plans that alleviate those symptoms. &#149;Features more than 200 recipes and meal plans &#149;Kate Scarlata is a licensed dietician with 20 years of experience helping IBS patients with their condition, and an IBS sufferer herself &#149;Thirty-five million Americans are estimated to suffer from IBS, the second leading cause of worker absenteeism

## Book Information

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (68 customer reviews)

Best Sellers Rank: #334,729 in Books (See Top 100 in Books) #39 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #3371 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #4812 inÂ Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

Eating Well with Irritable Bowel Syndrome by Kate Scarlata is a "stand out" amongst IBS and other related GI health books. As with many syndrome-type medical conditions, it can take years of people suffering before the medical community gets a full grasp on exactly what the condition is, if it even exists and how to treat it. Dedicated research and the many IBS sufferers have finally put IBS on the map as a definitive diagnosis that deserves attention. Based on first hand experience as an IBS sufferer and her thorough research of IBS as a nutritionist , Kate carefully constructs a path down which the reader truly learns this GI syndrome, which foods and nutrients help and hurt it, and what sorts it out from other GI illnesses. The first half of the book is devoted to the science and physiology of IBS and the latest research on which nutrients are wrecking havoc on your gut,

primarily the fermentable carbohydrates. Many things you will learn, including the role of probiotics, the good and bad of fiber with IBS, food intolerances vs. allergies vs. sensitivities, how to eat out, and maybe most importantly the latest research on FODMAPs, an acronym to describe the specific carbohydrates that for various reasons never get fully digested and end up leaving you bloated and bound or bound for the bathroom. This is the heart of IBS treatment, which the medical community is starting to wake up to...because IBS sufferers improve with it. I have used the FODMAPs to help my IBS patients and it works; people feel better and can live more functional lives. The second half of the book includes a broad range of tried and true tested recipes that will leave you wanting to try them regardless if you have IBS.

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