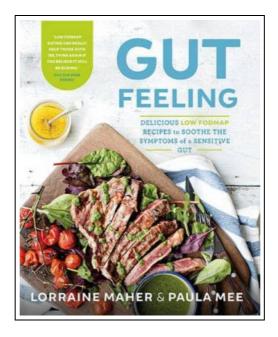
Gut Feeling: Delicious low FODMAP recipes to soothe the symptoms of a sensitive gut (Paperback)



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GUT FEELING: DELICIOUS LOW FODMAP RECIPES TO SOOTHE THE SYMPTOMS OF A SENSITIVE GUT (PAPERBACK)

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Gill, Ireland, 2017. Paperback. Condition: New. Language: English . Brand New Book. The low FODMAP diet is increasingly recognised as the primary management strategy for Irritable Bowel Syndrome (IBS), as it results in a significant reduction of symptoms in over 70 of people who try it. However, cutting out FODMAPs (a group of short-chain carbohydrates which are frequently malabsorbed in the small intestine) can leave people at a loss as to how to eat well without using staples such as bread, pasta, dairy, onion and garlic. This book changes all of that. With 100 delicious recipes - including breakfasts such as Coconut and Mixed Seed Granola, healthy light bites like Prawn Rice Salad, and dinners that include Mexican Chicken Fajitas and Mediterranean Meatballs - you can find real relief and enjoy food once again. `Low FODMAP eating can really help those with IBS. Think again if you believe it will be boring. The mouth-watering recipes in here will help you adjust to a way of life that can help you manage your symptoms. Dr Nina Byrne `I was told that stress caused my IBS, and I never thought anything could change the pain, wind, bloating, sickness and embarrassment. After years of suffering, now I can live without fear and pain. The Low FODMAP Diet is the solution. Muna Nahab, Client `Finding Low FODMAP changed my approach to what I eat. Having suffered with IBS for over 15 years, it s now under control and I have more energy and a healthier lifestyle as a result! Aoife Mollin, Client `I started the FODMAP diet after a year of having issues. Immediately it had a major impact on my life. I could eliminate food that were causing my symptoms while introducing new foods into my diet that I still enjoy today. I...

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