



# IBS Cookbook For Dummies

*Carolyn Dean, Christine Wheeler*

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**IBS Cookbook For Dummies** Carolyn Dean, Christine Wheeler

A unique guide to decreasing symptoms of IBS through delicious food

Do you suffer from irritable bowel syndrome (IBS)? You're not alone; it is estimated that about 35 million Americans experience the symptoms of IBS. *IBS Cookbook For Dummies* provides those affected by IBS with easy-to-follow, easy-to-understand recipes to create meals using foods and methods that decrease the risk of experiencing the discomfort of symptoms associated with the disorder.

Inside you'll find the dietary tips and information you need to decrease your symptoms and discomfort simply by watching what you eat. You'll find more than 100 tasty recipes you can easily make at home. And since individuals with IBS often suffer from various complications-including bowel obstructions, sores and ulcers within the intestinal tract, and malnutrition or the presence of nutritional deficiencies-*IBS Cookbook For Dummies* provides a nutritional meal plan that will help alleviate these complications.

- Presents more than 70 delicious, easy-to-make recipes designed to ease the symptoms of IBS
- Helps you avoid "trigger" foods and choose healthier alternatives
- Includes tips for menu planning, including healthy meals and snacks
- Explains what to eat when traveling and dining out

No need to suffer when you have IBS; just get this handy guide to start eating-and feeling-better!

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