



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

By Lorraine Maher, Paula Mee

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...



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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



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