



# Recipes for IBS: Great-Tasting Recipes and Tips Customized for Your Symptoms (Healthy Living Cookbooks)

*Ashley Koff, Sonia Friedman*

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Recipes that are specifically designed for people diagnosed with IBS.

It is estimated that about five million people suffer from IBS worldwide. The primary treatment for IBS is lifestyle changes, not medication, so a cookbook for healthy living is essential. Paying special attention to what you eat may go a long way toward reducing symptoms and promoting healing. It is generally recommended that people diagnosed with IBS eat a low fiber, non-dairy diet. (Some people find their symptoms are made worse by milk, alcohol, hot spices, or fiber.) However, Recipes for IBS provides readers with recipes that extend beyond just bland foods, allowing them to eat a 'normal' diet, such as comfort foods like macaroni and cheese and shepherd's pie, baked goods like brownies and pumpkin pie, as well as other sweets like ice cream and smoothies. The book features full-color illustrations, patient testimonials, and offers recipes that will make eating easier, enabling people diagnosed with this disease to live a more active, enjoyable life.

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In this period globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The actual book that recommended for you is Recipes for IBS: Great-Tasting Recipes and Tips Customized for Your Symptoms (Healthy Living Cookbooks) this guide consist a lot of the information with the condition of this world now. This kind of book was represented how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Typically the writer made some exploration when he makes this book. That's why this book suitable all of you.

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