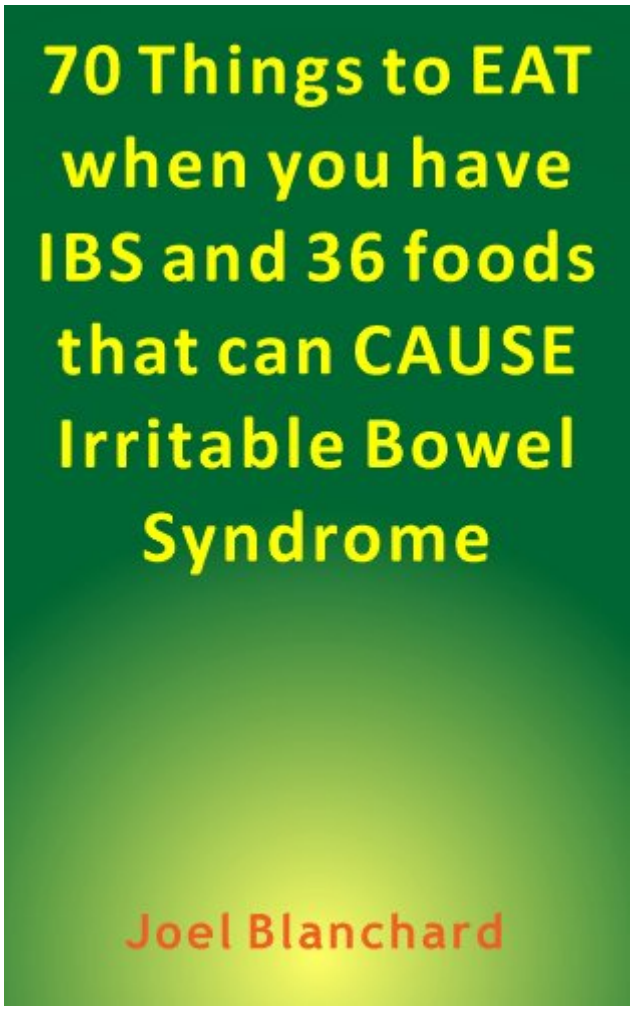
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70 Things To Eat When You Have IBS And 36 Foods That Can CAUSE Irritable Bowel Syndrome



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Synopsis

Here’s a concise, easy-to-use food guide for irritable bowel syndrome and colitis sufferers! In addition to listing many gut-friendly foods, this book reveals foods that can actually help to soothe your intestines. Makes food-shopping easy! Have no more fear or uncertainty over what to eat, just avoid the unhealthy 36 foods that can decrease your quality of life. This revised edition also includes information on how to quickly stop experiencing discomfort due to irritable bowel syndrome and/or colitis, and explains how to heal your intestines. [Please note that this is an abridged version of the book "Bye bye IBS ! The Natural Irritable Bowel Cure"]

Book Information

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Customer Reviews

This could be 2.5 stars, really. It’s a quick read and inexpensive. Those are good points. However, for people who really have IBS, this may not tell you much. It’s like cliff notes except it’s not from just one book--more like highlights from several books about IBS and diet. If you just want something quick to give you ideas to try, this would be ok. If you want to really understand all the things that

can trigger IBS and determine your own best path, you need something far more substantial than this book.

I have IBS and this book helped me learn what foods are good for me to eat. Natural foods are ones that can make your bowls healthy and end the painful stomach aches associated with IBS. The book explains the harmful qualities of hydrogenated oil and refined sugars, and instead explains how natural foods can help heal your bowls. The author also goes into detail about how eating healthy can make IBS better in the long term. This is an idea I haven't read in other books, but as I continue to make changes to my diet, I feel like I can already see improvements in my bowls.

Clearly written with rationale and knowledge that your problem foods may be different but in trying to navigate this morass, it was quite helpful. There was quite a bit I didn't agree with but it helped just the same because he added his rationale. Hey ,when the prednisone is only allowing 3 hrs sleep a night,you might as well see what everyone thinks to make the most informed decisions.

I am so glad that I read this book. It is helped me know more information about what really helps and what doesn't help your bowel syndrome and colon. It tells you what whole-food and organic foods to eat to stay healthier. For anyone who has had the experience of an irritable bowel syndrome or colon this book will REALLY help you on soothing your body functions.

This book contains so much good information on nutrition in general. What foods can cause you harm and discomfort and what foods can help you feel and actually get better. In addition to giving sound reasoning for why to avoid certain foods, the book gives advice on how to heal and clean the intestines.

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Very healthful and helpful in assisting getting one's digestive life in order!Be well, happy and comfortable in your skin.

If you’re looking for general information about what foods are healthy and which ones are not, you can find that here. But I was looking for a specific list of foods that aggravate IBS and foods that help, and I did not find that in this book.

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With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

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