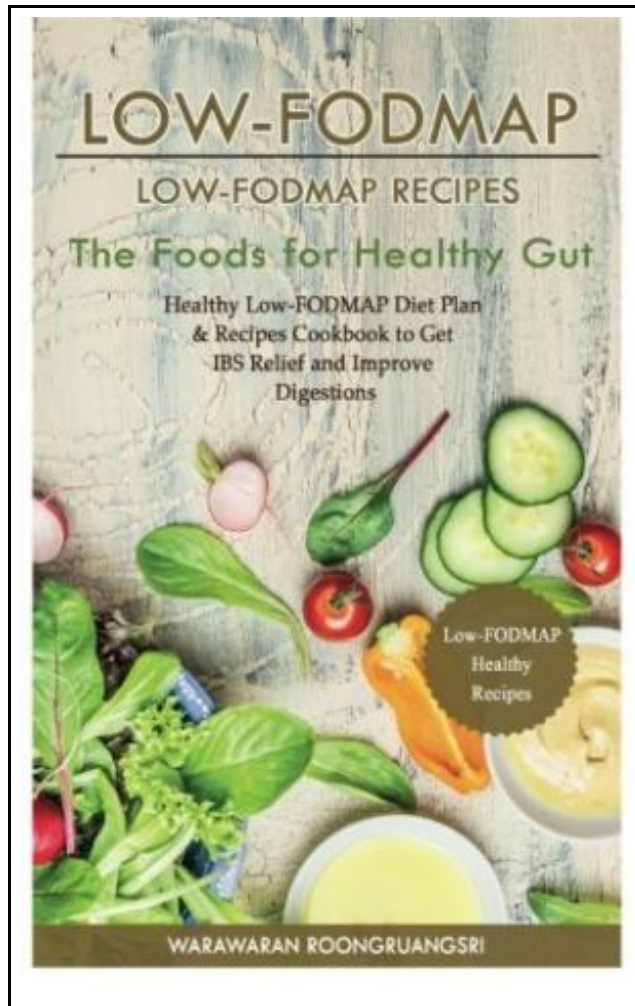


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Attempting to manage your digestive disorder can be tough, particularly if you are in the dark about your illness. For millions of people with IBS, they struggle with everyday tasks, typically when their IBS flares up, however, this is a common illness and nevertheless, so many people do not know how to cope with it. If you suffer from Irritable Bowel Syndrome, you know that every meal you eat feels like a risk; keeping you on edge as you expect the grief and distress that has ultimately become a very painful part of your daily life. Thousands of IBS sufferers do not realize just how vital their diet can be, since little changes can actually make a huge difference. If you are eating the wrong food, it will make your condition worse, however by implementing simple changes and slight altering of foods, you can easily learn to manage your IBS. All you need to do is to figure out what is causing the suffering and you are on your way to finally feeling better for good but it can be difficult to find the help you so desperately need. While IBS and most other digestive disorders are not life threatening, they are not pleasant either, and could lead to serious medical conditions later on in life. Having pain in your stomach is just one issue when your IBS flares up, but by learning how you can deal with it, it can change your life completely. This book - **Low-FODMAP: Low-FODMAP Recipes: Healthy Low-FODMAP Diet Plan Recipes Cookbook to Get IBS Relief and Improve Digestions, The Foods for Healthy Gut The -Quick Start Guide** takes a wide-ranging...

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