



Low FODMAP: Low-FODMAP Diet Cookbook - 77 Easy and Delicious Gastrointestinal-Friendly Recipes To Comfort Your Digestive Disorders (IBS, Low FODMAP Diet, Quiet Gut Cookbook)

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Quick Questions!

Have you've been recently diagnosed with IBS (irritable bowel syndrome) and want diet selection?

Do you want a variety of recipes and never run out of ideas for dinner?

Do you feel like a FODMAP diet will decrease your irritable symptoms?

Look No Further.

A low FODMAP diet is when particular carbohydrates and sugars are eaten in low quantities, this is because you become more bloated when certain bacteria in your digestive tract become over fed which leads to discomfort in the gut. It is a very simple diet and is usually easier to do than traditional diets.

In This Book, You'll Discover...

- 77 Different Low-Fodmap Recipes
- Why and How The Low Fodmap Diet
- Recipes That Take Under 5 Minutes To Make
- Much, much, more!

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Clifford Harris:

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Bruce Hensley:

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