



# IBS Cookbook For Dummies

By Carolyn Dean, Christine Wheeler

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## IBS Cookbook For Dummies By Carolyn Dean, Christine Wheeler

A unique guide to decreasing symptoms of IBS through delicious food

Do you suffer from irritable bowel syndrome (IBS)? You're not alone; it is estimated that about 35 million Americans experience the symptoms of IBS. *IBS Cookbook For Dummies* provides those affected by IBS with easy-to-follow, easy-to-understand recipes to create meals using foods and methods that decrease the risk of experiencing the discomfort of symptoms associated with the disorder.

Inside you'll find the dietary tips and information you need to decrease your symptoms and discomfort simply by watching what you eat. You'll find more than 100 tasty recipes you can easily make at home. And since individuals with IBS often suffer from various complications-including bowel obstructions, sores and ulcers within the intestinal tract, and malnutrition or the presence of nutritional deficiencies-*IBS Cookbook For Dummies* provides a nutritional meal plan that will help alleviate these complications.

- Presents more than 70 delicious, easy-to-make recipes designed to ease the symptoms of IBS
- Helps you avoid "trigger" foods and choose healthier alternatives
- Includes tips for menu planning, including healthy meals and snacks
- Explains what to eat when traveling and dining out

No need to suffer when you have IBS; just get this handy guide to start eating-and feeling-better!

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No need to suffer when you have IBS; just get this handy guide to start eating-and feeling-better!

## **IBS Cookbook For Dummies By Carolyn Dean, Christine Wheeler Bibliography**

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## **Editorial Review**

From the Back Cover

Manage IBS and get back to enjoying food and life!

If you think living with IBS means eating only blah and bland foods, this book will change your mind and your meals! Get the latest info on IBS plus over 100 delicious recipes, nutritional information, and lifestyle advice that'll help you take charge of your diet and befriend food again.

- Know your body — use a food diary to track your IBS symptoms and identify your triggers
- Take a closer look at food — learn the role food preparation plays in setting off and managing your IBS
- Sensible substitutes — discover replacement ingredients for your IBS triggers
- Prepare delicious foods— over 100 healthy, family-friendly recipes for every meal of the day plus snacks, soups, salads, drinks, and desserts
- Sensible substitutes — make smart choices when dining out and on the go

Open the book and find:

- Information on IBS, food, and you
- Natural foods and medicines to treat your symptoms
- How to shop for safe foods and decipher food labels
- Strategies for avoiding common eating traps
- Advice for stocking your kitchen to support your diet
- Ways to sooth your tummy on difficult days
- Tips for parents of IBS kids

About the Author

Carolyn Dean, MD, ND, consults widely on IBS, Crohn's disease, and colitis, and she understands their relationship to food and chemical allergies, infection, autoimmune disease, and stress. L. Christine Wheeler, MA, is an author, freelance writer, and a Certified EFT Practitioner. Dean and Wheeler are the authors of IBS For Dummies.

## **Users Review**

**From reader reviews:**

**Terri Hatfield:**

In this 21st one hundred year, people become competitive in every way. By being competitive currently, people have do something to make these survives, being in the middle of the crowded place and notice simply by surrounding. One thing that at times many people have underestimated it for a while is reading. Yes, by reading a e-book your ability to survive raise then having chance to stand up than other is high. For you personally who want to start reading any book, we give you this kind of IBS Cookbook For Dummies book as basic and daily reading reserve. Why, because this book is more than just a book.

**John Rivera:**

Typically the book IBS Cookbook For Dummies has a lot details on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. This articles author makes some research prior to write this book. This specific book very easy to read you can find the point easily after looking over this book.

**Mabel Maddux:**

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