



# **Fodmap Solution: A Low Fodmap Diet Plan and Cookbook to Manage IBS and Improve Digestion**

*Shasta Press*

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## Fodmap Solution: A Low Fodmap Diet Plan and Cookbook to Manage IBS and Improve Digestion

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Relieve IBS and other digestive disorders with *The FODMAP Solution*.

FODMAPs are unhealthy foods containing sugars and carbohydrates that are often the root cause of painful bloating, pain, and digestive disorders. *The FODMAP Solution* gives you a proven method for recovering from FODMAP foods. *The FODMAP Solution* will show you how limit your FODMAP intake, and then reintroduce certain foods one at a time, so you can determine exactly what your sensitivities are. If you currently suffer from IBS, Crohn's Disease, or Ulcerative Colitis, *The FODMAP Solution* will help you finally get rid of the pain and frustration of your digestive disorder without placing too many restrictions on your diet.

*The FODMAP Solution* helps you relieve symptoms while enjoying every meal, with:

- 83 flavorful low-FODMAP recipes for breakfast, lunch, snacks, dinner, and dessert
- 14-day meal plan to remove FODMAPs from your diet
- Scientific explanation of what FODMAPs are and how they might harm you
- Guides to grocery shopping and dining out on a low FODMAP diet
- Classification of more than 100 foods as low, moderate, or high in FODMAPs

Spare yourself from stomach trouble and the frustration of narrow dietary restrictions. *The FODMAP Solution* is the delicious way to eat healthy again.



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