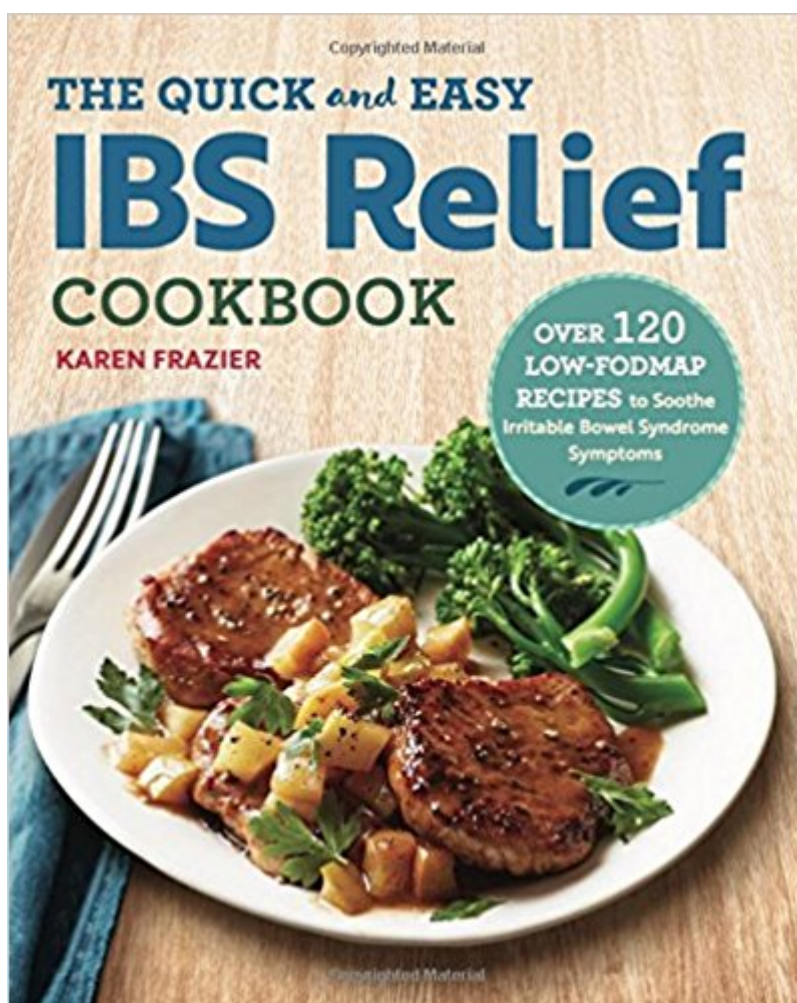


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# The Quick & Easy IBS Relief Cookbook: Over 120 Low-FODMAP Recipes To Soothe Irritable Bowel Syndrome Symptoms



## Synopsis

“Having a good resource and cookbook to guide you along the process of elimination and reintroduction is critical. In *The Quick and Easy IBS Relief Cookbook*, Karen Frazier walks you through the different phases of the diet in a user-friendly way, to help uncover all the triggers that can upset your GI tract and interfere with your daily life.”

—Laura Manning, MPH, RDN, CDN, Clinical Nutrition Coordinator, Susan and Leonard Feinstein Inflammatory Bowel Disease Center, Mount Sinai Medical Center

If you are one of the 35 million Americans impacted by IBS, you’re no stranger to its debilitating effects. The low-FODMAP diet is the #1 method for treating IBS naturally, but the stress caused by the restrictions of a low-FODMAP diet may only further aggravate your IBS symptoms. *The Quick and Easy IBS Relief Cookbook* will help you reclaim your life with simple, everyday recipes that take the calculations and guesswork out of beginning your new diet. More than 120 delicious, low-FODMAP recipes offer total symptom relief without triggering IBS or GERD. Just 5 main ingredients and fast prep and cook times (30 minutes or less) allow you to create affordable, IBS-friendly versions of your favorite meals. Up-to-date research addresses all 4 types of IBS: IBS-C, IBS-D, IBS alternating type, and IBS with acid reflux, as well as handy tips for desired texture modification. Guidance you can trust from IBS/GERD expert, Karen Frazier, author of low-FODMAP dietary books *The Acid Reflux Escape Plan* and *The Gastroparesis Cookbook*. If you’re ready to start eating well and feeling better instead of worrying about restrictive measurements and guidelines, then *The Quick and Easy IBS Relief Cookbook* is for you.

## Book Information

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## Customer Reviews

KAREN FRAZIER is a nutrition and fitness expert who specializes in recipe development for restrictive diets. She has written several cookbooks for people with various health conditions, including the bestselling The Hashimoto's Cookbook and Action Plan, as well as The Acid Reflux Escape Plan and The Gastroparesis Cookbook, both of which focus on low-FODMAP dietary solutions.

It's a great book. My gastroenterologist totally approved. This book is so informative and so easy to understand. I have IBS-D and have been miserable. I just started the program and I'm excited to figure out what makes my gut tick!

Not so many recipes I will actually cook. I hate cookbooks that use certain food items to make it seem fancy. Just give me down home comfort food alternatives please.

Great recipes, easy to follow instructions.

Easy and good recipes and explains well the IBS condition.

Great recipes that are truly quick & easy.

My daughter, myself, and my mother all have ibs, each of us a different type and severity . It sux!! But after I came across this book, we have had less symptoms, less, problems. And we can still eat foods we love. This cookbook has so much in site to ibs, how to manage, and yummy recipes . It's hard to put it down and not cook all the time.I received this book from the publisher for my unbiased review

Having had IBS for 35 years, it was not until recently I decided to explore the Low FODMAP diet. I never realized what a turn my life would take. However, being vegetarian, the IBS book I already owned had no recipes of interest. This book, other than the section on meat, has the most amazing recipes that I cannot wait to try. After reading them, I did not find one that didn't interest me. I LOVE this book and it will be my cooking bible. Forgot to mention that it also has several pages of helpful

info on starting my journey. Thank you so much for this invaluable work.

I was provided a free copy from the publisher to review. If you are one of the thousands of people who suffer from chronic constipation or diarrhea, then you should get this book! An excellent background of IBS (irritable bowel syndrome) leads you into a better understanding of what this syndrome is and what can cause it. The author provides excellent lists of foods that can trigger symptoms. Many, if not most of our current processed foods contain foods that can trigger symptoms. The recipes are just super! They tend to be simple, limited ingredients and easy to cook. In addition there are calorie counts and nutrition info at the end of each recipe. I highly recommend this book.

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Diet Irritable Bowel Syndrome The Ultimate Guide for Lasting Control Low Carb Way of Healthy Life with IBS Diet IBS Slow Cooker Cookbook: 50 Low FODMAP Slow Cooker Recipes To Manage Your IBS Symptoms Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) The Low FODMAP Diet Slow Cooker Cookbook (Managing Irritable Bowel Syndrome Cookbooks) (Volume 2)

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