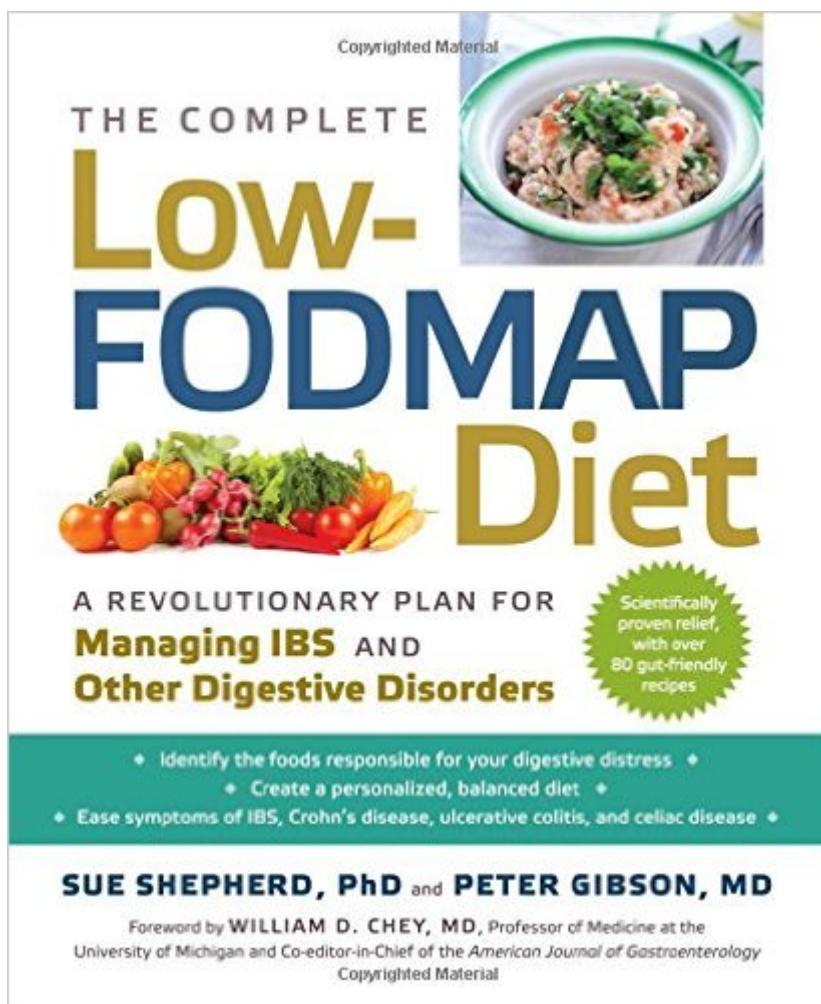


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The Complete Low-FODMAP Diet: A Revolutionary Plan For Managing IBS And Other Digestive Disorders



Synopsis

A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disordersâ "presented by the worldâ "TM's leading experts and tailored to you â œA must-have survival guideâ • â "Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine â œWhat can I do to feel better?â • For years, millions of adults who suffer from irritable bowel syndrome (IBS) have asked this question, often to be met with scientifically unfounded or inadequate advice. The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPsâ "difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners. In *The Complete Low-FODMAP Diet*, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to: â ¢ Identify and avoid foods high in FODMAPs â ¢ Develop a personalized and sustainable low-FODMAP diet â ¢ Shop, menu plan, entertain, travel, and eat out with peace of mind â ¢ Follow the program if you have IBS, celiac disease, Crohnâ "TM's disease, ulcerative colitis, or diabetes, and if you eat a vegetarian, vegan, low-fat, or dairy-free diet. And, with 80 delicious low-FODMAP, gluten-free recipes, you can manage your symptoms, feel great, and eat wellâ "for life.

Book Information

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Customer Reviews

"The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders" lays out the principles for a diet to control the symptoms of irritable bowel syndrome as well as help for non-responsive celiacs and those with IBD whose symptoms may be aggravated by sensitivity to FODMAPs. The book is written by Sue Shepherd, PhD, an Australian nutritionist who was instrumental in developing the low-FODMAP diet, and by Peter Gibson, MD, a gastroenterologist at Monash University in Australia, which continues to do a lot of research on IBS and the low-FODMAP diet. FODMAP is an acronym for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, which are all poorly absorbed short-chain carbohydrates. Indigestible sugars, in other words. Lactose, fructose, and polyols are poorly absorbed in many people, while fructans and galacto-oligosaccharides are not absorbed by anyone. When they are not absorbed, the sugars are easily fermented by intestinal bacteria, which produces symptoms. The first part of the book explains the principles behind the low-FODMAP diet. The second part of the book is recipes. There are about 60 pages of substance, followed by 190 pages of recipes and menus that I did not find at all useful. The good news is that the substance of the book is short and easy to digest (no pun intended, ahem). The authors begin by explaining the differences between food allergies, hypersensitivities, and intolerance. IBS symptoms are largely caused by intolerance. They briefly discuss the Rome III diagnostic criteria for IBS before getting into theories about causes and descriptions of common symptoms. Oddly, the authors are dismissive of small intestinal bacteria overgrowth (SIBO) as a cause, though there is now a large body of research on it.

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