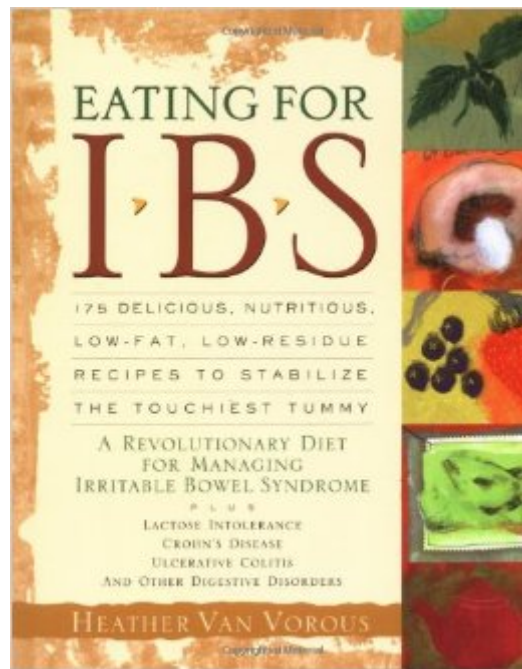


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# Eating For IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes To Stabilize The Touchiest Tummy



## Synopsis

IBS is one of our nation's most untalked-about ailments, but millions of people - mostly women - suffer from the debilitating condition, one that must be controlled primarily through diet. Contrary to what may sufferers believe, eating for IBS does not mean deprivation, never going to restaurants, boring food, or an unhealthily limited diet. It does mean cutting out such trigger foods as red meat, dairy, most fats, caffeine, alcohol, and insoluble fiber. Heather Van Vorous, who has suffered from IBS since age 9 and gradually learned how to control her IBS symptoms through dietary modifications, collects here 175 recipes she has created over 20 years. IBS sufferers will be thrilled to discover that they can enjoy traditional homestyle cooking, ethnic foods, rich desserts, snacks, and party foods - and don't have to cook weird or special meals for themselves while their families follow a "normal" diet. Eating with IBS will forever revolutionize the way people with IBS eat - and live.

## Book Information

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## Customer Reviews

Anyone who has IBS knows that controlling your diet can be very difficult. This book helps address the issue of diet and foods for those with IBS. Eating for IBS is written in a simple and easy to understand way that makes it a pleasure to read. Also, the information in the book is not from a doctor it is from someone WHO HAS SUFFERED FROM IBS...this is what helps makes this book so good and honest. The book itself has two main sections. The first is an overview of what IBS is and what foods work with and against your colon. Some of the great parts of this section are a list of

trigger foods (and why they are trigger foods), an explanation of the different types of fiber and fiber foods, IBS kitchen essentials, and many other great tips. The other part of the book is recipes. These are low residue recipes that work with a sensitive stomach. The categories of recipes listed are wide and include: beverages, appetizers and snacks, breakfasts, breads, side dishes and salads, soups and sandwiches, main dishes and desserts. The recipe section also contains a menu at-a-glance feature. The recipes in this book are great. They include flavor, great taste, and variety. The author of the book, Heather Van Vorous, uses many substitutes to make recipes that were normally unthinkable great for people with IBS. Also, the recipes included generally are easy to make. Another great feature is that each recipe has a very detailed nutrient analysis directly under it on the page. The one downfall of this book is that many of the recipes require ingredients that aren't normally found on your local grocery store shelves.

If you have IBS, you already know how frustrating and debilitating this disorder can be. It affects and often controls your whole life, and consumes time and money as you go from doctor to doctor, medication to medication, explore alternative healing modalities. Heather Von Vorous's book is the best \$17 you will ever spend in an effort to learn to control your IBS symptoms. This is the only book on IBS written by a fellow IBS sufferer. Ms. Von Vorous is a sympathetic and understanding writer. Personally, I suffered from severe IBS and found no relief until I found Ms. Von Vorous's website..., which she has turned into her book, Eating for IBS. I followed her recommendations and recipes to the letter for two months, and began to see my IBS in a whole new light. Not only did I greatly improve my IBS symptoms, but I discovered through this book a healthy, wholesome way to eat and enjoy food again. Ms. Von Vorous strongly believes that having IBS should not mean deprivation as far as food is concerned, but simply substitution. And her recipes deliver. Did you ever think you would be able to enjoy wonderful cakes and sweet breads without paying for it later with stomach pain and discomfort? Or eat gelato or Thai stir-fry without any consequences? Well, believe it! This book literally saved my life. Before I found this book, I weighed 87 pounds, could not tolerate any foods, and had IBS symptoms so severe I had to quit my job. Now I am gaining back my lost weight, can enjoy a tremendous variety of foods, and can live a normal, full life again. If you are ready to start managing your IBS and can open your mind to the suggestions and diet modifications that Ms. Von Vorous presents, you will be amazed at the results.

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