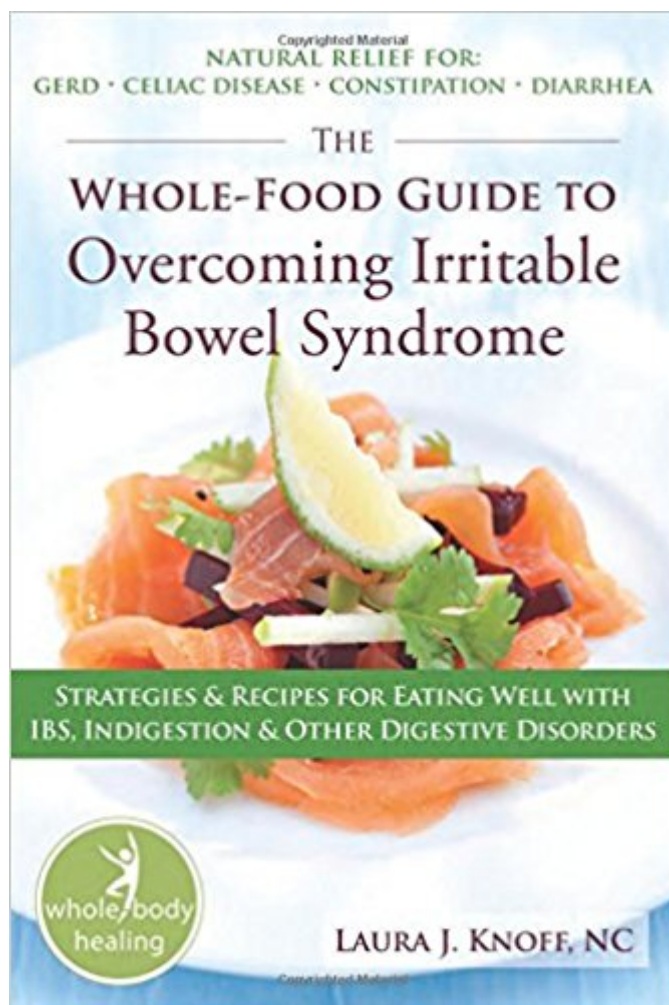


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# The Whole-Food Guide To Overcoming Irritable Bowel Syndrome: Strategies And Recipes For Eating Well With IBS, Indigestion, And Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)





## Synopsis

If you have irritable bowel syndrome (IBS), you know all too well that its symptoms sometimes rule your life. While medication may temporarily alleviate IBS, diet and lifestyle changes target the root of the problem and can help you feel like yourself again. In *The Whole-Food Guide to Overcoming Irritable Bowel Syndrome*, nutrition consultant and former digestive disorder sufferer Laura Knoff reveals powerful, natural strategies for relieving symptoms right away and offers a collection of easy and nutritious recipes to help you end your struggle with IBS once and for all. This guide includes tips and advice on: What to eat and what to avoid to prevent IBS symptoms Herbs and vitamins for improving digestion naturally Self-assessing your IBS through an elimination diet Lifestyle changes, exercise, and stress management

## Book Information

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## Customer Reviews

"The end to digestive distress begins with a thorough reading of *The Whole-Food Guide to Overcoming IBS*. This clear, concise, and elegant book explains the causes and remediation of gut pain and suffering in a way everyone can understand and follow. The recipe section is a delight, with easy-to-make and wonderfully nourishing dishes and meal plans. The best work on this topic to date." —Edward Bauman, M.Ed., Ph.D., director of Bauman College: Holistic Nutrition and Culinary Arts in Berkeley, CA "As a nutrition expert, I see clients on a regular basis who have digestive issues. I am thrilled to have Laura Knoff's book to refer them to. It is a great

resource for anyone suffering from digestive issues or wanting to improve their overall health and vitality. Laura's style is easy to understand and, more importantly, simple to implement. Everyone would benefit by following the concepts in this book." JJ Virgin, Ph.D., CNS, author of *Six Weeks to Sleeveless and Sexy* "Knoff brings us a book that will help outsmart disruptive digestive discomforts once and for all. The delicious recipes provided in her book will be embraced by the entire family. I highly recommend this book for everybody who needs easy strategies and solutions for soothing the gastrointestinal tract." Ann Louise Gittleman, Ph.D., CNS, bestselling author of *Fat Flush Plan* and *Fat Flush for Life*

Created by holistic nutrition expert Laura Knoff, *The Whole-Food Guide to Overcoming Irritable Bowel Syndrome* is a healthy whole foods cookbook and nutrition guide to healing the uncomfortable symptoms of irritable bowel syndrome (IBS).

This book is not just for people who have IBS but anyone who has some digestive issues, and most of us have some things that are not working well in the way we are digesting and metabolizing the food we eat. Even someone with a healthy gut can learn more how to optimize and select foods that are healthy and nutritious. The chapter "Back to Basics" is packed with information on proteins, fats and oils, carbohydrates, and more... There is a very thorough self-assessment questionnaire to see how well your digestion is working (or not). Then the rest of this well-researched book really guides you toward improving your digestive health with delicious recipes. The chapter on "What To Eat?" gives you some sample meals and four-day rotation planning, tips for eating out, etc. And the amazingly good recipes that are carefully created to help people with IBS are easy and delicious. There is a very generous variety of recipes for breakfast, lunch, dinner, snacks, and even desserts. They include fruit and green smoothies, yummy soups, and entrees that include fish, turkey, chicken and beef. My favorites are: Chia Fresca in the morning, breakfast patties, Laura's Fantastic Greens, Thai Chicken soup, Mineral-Rich bone broth, and so many more. Very easy, yummy and good for the tummy! I am recommending this book to many friends and family. Get it for yourself first!

Quality information.

I'm kind of surprised by the reviewers who called this practical. I am already on a gluten free diet and have been moving more and more towards whole foods, but unless you want to spend a whole lot of time searching for things like dulse granules, sea palm, or chlorella, this book isn't for you. I

just wanted some simple advice on what might make me feel better, but I am probably not going to start fermenting my own yogurt or dehydrating flax seeds to make my own crackers. The author clearly has done research and has some knowledge, but I think the majority of people would find her suggestions totally overwhelming and intimidating.

The title claims the book addresses diet for those with IBS, but IBS is only one of several disorders the author discusses. Knoff is a whole food advocate, not an expert on IBS. She recommends foods that would have me doubled over in pain.

This book is addressed towards those dealing with Irritable Bowel Syndrome, but it would be of benefit to anyone who has digestive issues such as constipation, heartburn, diarrhea or a simply undiagnosed case of tummy troubles. It is clear, readable, has straightforward recommendations and tasty recipes. I will be sharing it widely with my network of healthcare colleagues and friends.

I really love this book because it is very informative on different disorders like IBS, etc. It is very detailed and has a sample meal plan on what to eat when you have a stomach condition.

The book has a lot of useful information. Very glad I purchased it.

Didn't find much information in this book that I will use. You can find better information by doing a google search for specific information you want to find.

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The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many Other Digestive Disorders Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders Gastrointestinal Health: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, Heartburn, and Many Other Digestive Disorders, Third Edition Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) IBS Treatment Self-Help: Discover How to Effectively Treat IBS ~ An Irritable Bowel Syndrome Treatment Guide IBS Diet Irritable Bowel Syndrome The Ultimate Guide for Lasting Control Low Carb Way of Healthy Life with IBS Diet IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades By Norman Robillard IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Sm (1st First Edition) [Paperback] The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders Whole Food: The 30 Day Whole Food Challenge ~ Whole Foods Diet ~ Whole Foods Cookbook ~ Whole Foods Recipes (Whole Foods - Clean Eating)

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