



## All About Low-FODMAP Diet IBS: A Very Quick Guide

By Michelle Anderson

Temescal Press. Paperback. Condition: New. 102 pages. Dimensions: 7.0in. x 5.0in. x 0.4in. Your game plan in the battle against digestive distress. Take the first steps toward regaining control of your health, your well-being, and your life. In All About Low-FODMAP Diet and IBS, New York Times bestselling author Michelle Anderson shares the ins and outs of the low-FODMAP diet. This very quick guide will help you enjoy eating again, with: A 7-day meal plan to get you started Tips for managing IBS and other digestive disorders 21 gut-friendly recipes Foods to enjoy and avoid Little Books on Big Ideas offers expert advice designed to help you learn key lessons in minutes, not days. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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