



The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensivity

Sue Shepherd PhD

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No more guesswork—go low-FODMAP for good food every day and lasting relief year-round

If you suffer from a digestive disorder, you're likely familiar with a long list of unknowns: *I don't look sick, so what's wrong with me? What can I do to feel better? What foods exactly are causing me discomfort?*

Now, *The 2-Step Low-FODMAP Eating Plan* is here to answer those questions, provide delicious food that feels good to eat, and pinpoint specific intolerances in less than eight weeks. Listen to your gut and go low-FODMAP—already proven the most effective treatment worldwide for irritable bowel syndrome and other digestive disorders (including gluten, lactose, and fructose intolerances).

Dr. Sue Shepherd's all-new 2-step plan presents a foolproof way to identify what foods you can enjoy, and eliminate only those that cause pain (and that doesn't necessarily mean gluten!):

First: Restrict FODMAPs (certain hard-to-digest carbs) to discover a new baseline of health.

Next: Slowly reintroduce them, step-by-step, to learn which FODMAPs are tolerable, and in what amounts.

The Result: A custom-made eating plan with delicious food that will make you happy *and* healthier!

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Alan Johnson:

The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensivity can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensivity however doesn't forget the main level, giving the reader the hottest and based confirm resource info that maybe you can be certainly one of it. This great information can easily drawn you into fresh stage of crucial pondering.

Patricia Diaz:

The book untitled The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensivity contain a lot of information on the item. The writer explains the woman idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read that. The book was authored by famous author. The author brings you in the new time of literary works. It is easy to read this book because you can keep reading your smart phone, or product, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice study.

Laura Buscher:

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