



Choose This not That for IBS (Irritable Bowel Syndrome)

Personal Remedies

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Choose This not That for IBS (Irritable Bowel Syndrome). This book represents the most comprehensive and actionable nutrition guidelines for how to reduce your risk, prevent and combat IBS and its various symptoms. If you rather tackle health issues and risks through proper nutrition and lifestyle changes as opposed to prescription drugs and other typical medical treatments, then this book is for you.

Here are the highlights and what makes this publication unique and different from your other options:

- A look-up table for over 800 different types of food and their suitability for IBS
- Health issues often come our way in groups of two or more. Those with IBS are likely to suffer from multiple health issues and symptoms (e.g., diarrhea, constipation, gas, heartburn, indigestion, depression, high cholesterol, high blood pressure, excess body weight, stress, anxiety, and chronic fatigue syndrome). This publication is the only one in the market that addresses these most likely COMBINATIONS of IBS and other health issues.
- Actionable suggestions for what is good, what is bad, and what is neutral for your condition(s). We single out specific food items, and give you an ordered list of helpful and harmful foods within a food group.
- Suggestions on appropriate life style choices, alternative therapies and herbal remedies, when such options are promising and available to you.
- Suggestions for those who might wish to follow low FODMAP diet approach to IBS

All the material and suggestions presented in this book are based on the content licensed from Personal Remedies, LLC. The primary sources used by Personal Remedies are US government sources such as USDA (US Department of Agriculture) and NIH (National Institute of Health).

Choose This Not That series of books, eBooks and mobile apps are available for numerous common chronic conditions

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Allen Reilley:

This Choose This not That for IBS (Irritable Bowel Syndrome) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is definitely information inside this publication incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. That Choose This not That for IBS (Irritable Bowel Syndrome) without we understand teach the one who studying it become critical in considering and analyzing. Don't always be worry Choose This not That for IBS (Irritable Bowel Syndrome) can bring whenever you are and not make your handbag space or bookshelves' come to be full because you can have it in the lovely laptop even phone. This Choose This not That for IBS (Irritable Bowel Syndrome) having great arrangement in word and layout, so you will not experience uninterested in reading.

Corey Mullen:

As people who live in the actual modest era should be update about what going on or info even knowledge to make these individuals keep up with the era which is always change and move forward. Some of you maybe will probably update themselves by examining books. It is a good choice in your case but the problems coming to anyone is you don't know which you should start with. This Choose This not That for IBS (Irritable Bowel Syndrome) is our recommendation to make you keep up with the world. Why, as this book serves what you want and want in this era.

Elizabeth Villalobos:

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John Hicks:

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