



# **IBS-Free at Last! Second Edition. Change Your Carbs, Change Your Life with the FODMAP Elimination Diet**

*Patsy Catsos MS RD LD*

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*Patsy Catsos MS RD LD*

## **IBS-Free at Last! Second Edition. Change Your Carbs, Change Your Life with the FODMAP Elimination Diet** Patsy Catsos MS RD LD

IBS should not make you skip a beat--get your groove back! Tired of missing the fun because of your irritable bowel syndrome (IBS)? Confused about what to eat? Think you're the only one who feels miserable while eating healthy foods like fruits, vegetables, beans, and yogurt? You are not alone. IBS affects up to 15% of teens and adults. If you could get your groove back in just a few weeks by trying a new kind of diet, would you do it? High-fiber diets for IBS are old school. It's time you learned about FODMAPs! IBS--Free at Last! has the latest on how foods you eat can cause your IBS symptoms. Registered dietitian Patsy Catsos spells out a diet program to help you find your FODMAP food triggers. Thousands of readers of the first edition of IBS--Free at Last! were the first to benefit. Now it's your turn. Ms. Catsos translates the science of FODMAPs into practical information. This book contains your game plan for the FODMAP Elimination Diet, including menus, shopping lists, label reading tips, lists of low- and high-FODMAP foods, and a few recipes to help you get started. The new edition includes over 50 pages of new material: updates based on the latest research; more on coping with FODMAP intolerance and how to enjoy your favorite foods again; answers to over 100 of the best reader questions. IBS--Free at Last! Second Edition answers that all-important question: "What foods CAN I eat for my IBS?" Did you know that you don't have to own a Kindle to buy and read a Kindle book? You can download free Kindle Reader apps provided by Amazon for almost any computer or smartphone. This e-book, IBS--Free at Last! is a fully searchable book on your desktop, a good read on your Kindle and a portable reference on your smartphone. The Kindle version includes dozens of internal and external hyperlinks, optimized to take advantage of Kindle's full functionality.

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