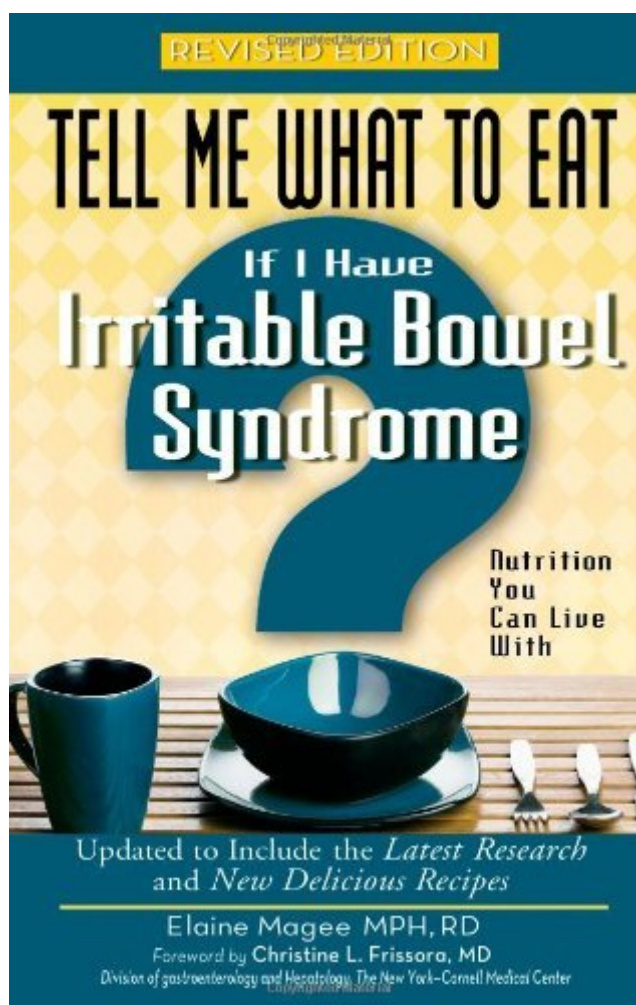


The book was found

# Tell Me What To Eat If I Have Irritable Bowel Syndrome: Nutrition You Can Live With



## Synopsis

Irritable Bowel Syndrome is one of the most common reasons for a visit to the doctor in the United States, Europe, and other parts of the Western world. Even so, the majority of patients who have IBS do not seek medical care, which may be because of fear, embarrassment, or the lack of effective treatments. IBS affects both genders and all races. Recent data shows that 14 to 24 percent of women and 5 to 19 percent of men in the United States and Great Britain have IBS. If you have IBS, you are undoubtedly familiar with the link between your condition, your comfort, and what you eat or drink. Elaine Magee gives you positive advice about what foods you should eat almost every day, and whether you suffer from IBS constipation, IBS diarrhea predominant, or the type of IBS that includes both conditions. Easy-to-use tables list what foods are good for diarrhea, and for constipation, and which foods cause bloating or gastrointestinal distress. This new edition of *Tell Me What to Eat If I Have Irritable Bowel Syndrome* contains an updated review of all the possible causes of IBS, including hormones and certain medications. It also includes nuggets of wisdom from Dr. Christine Frissora, MD, associate professor of gastroenterology at New York Presbyterian Hospital. Also included are practical tips such as "The 5 Quickest Ways to 25 Grams of Fiber;" dozens of healthful, mouth-watering recipes; and practical supermarket and "eating out" advice from someone who has suffered from IBS for more than 20 years--the author.

## Book Information

File Size: 1606 KB

Print Length: 159 pages

Publisher: New Page Books; Revised edition (December 1, 2008)

Publication Date: June 30, 2000

Sold by: Digital Services LLC

Language: English

ASIN: B001NPCJSM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #616,969 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Irritable Bowel Syndrome #75 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #220 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

This book focuses too much on just fiber and not enough on the difference between soluble and insoluble fiber. Insoluble fiber and even a low-fat meal can be a deadly combination for an IBS sufferer. The recipes that the author considers invaluable for an IBS diet contain fat that is far in excess of what I could tolerate. I have a master's degree in nutrition and have also studied food chemistry and baking properties. There are other alternatives to the relatively high-fat and high insoluble fiber that this author recommends.

Excellent guide - information for those diagnosed w IBS Provides many tips on what to include and what to avoid in daily food intake.

Nothing new or informative, just do an internet search

I found this book to be filled with excellent information regarding IBS. I find myself picking up this book just several times a day and reading more and more. Every time I read I gain more insight. Thank you for your valuable information. It has helped me to understand more about my IBS. Nancy Reneau, Blacksburg, VA

Good review of the symptoms and general information. It would have been better with a few more recipes as the ones in there are good.

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This book has more recipes in it than helpful hints about IBS. I would not advise this book if suffering from IBS, unless you are just looking for a cook book. But the seller was great got it here on time!! I would buy from them again..

This book helped me with ideas of how to deal with my irritable bowel and all of the symptoms that come along with it.

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Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) Tell Me What to Eat If I Have Irritable Bowel Syndrome, Revised Edition: Nutrition You Can Live With Tell Me What to Eat If I Have Irritable Bowel Syndrome: Nutrition You Can Live With Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) 70 Things to Eat When You Have IBS and 36 Foods That Can CAUSE Irritable Bowel Syndrome A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys) Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome IBS Irritable Bowel Syndrome A Gastroenterologist Answers Your Questions: What Is It? Why Do I Have It? How Can I Get Well? You May Not Have Irritable Bowel Syndrome: An Introduction to Allergic Contact Enteritis and the Food Allergies that Cause It The Gut Solution: A guide for Parents with Children who have Recurrent Abdominal Pain and Irritable Bowel Syndrome 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet The Quick & Easy IBS Relief Cookbook: Over 120 Low-FODMAP Recipes to Soothe Irritable Bowel Syndrome Symptoms Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer

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