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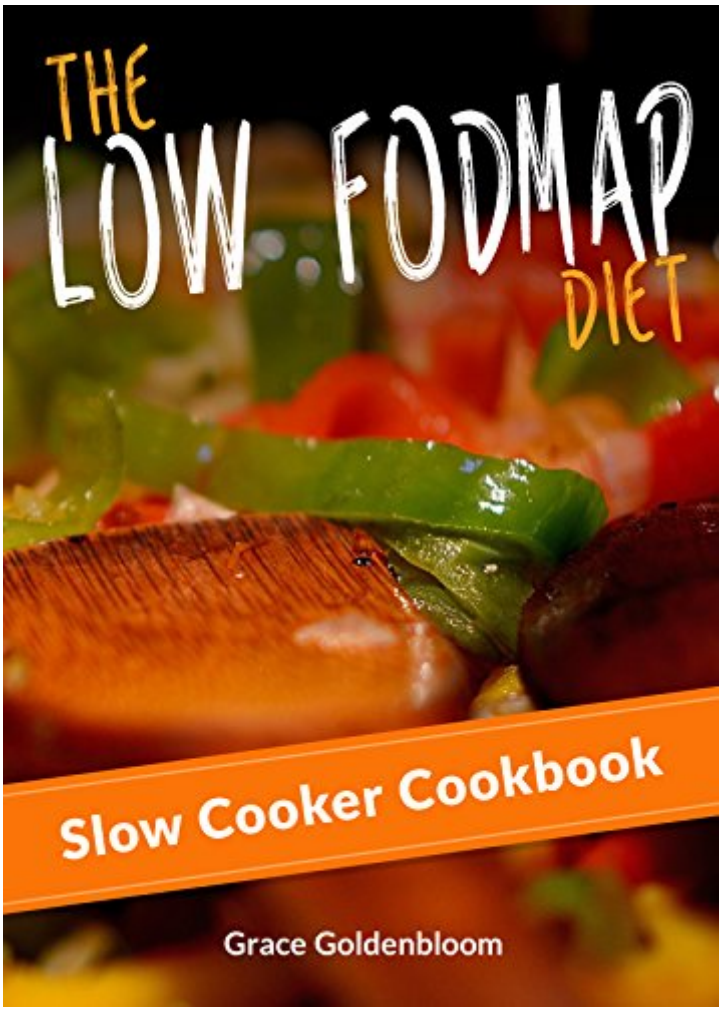

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Synopsis

Experience Relief From IBS Easily and Conveniently With Your Slow Cooker!When you suffer from IBS, every meal you eat can feel like a gamble, keeping you on-edge as you anticipate the suffering and discomfort that has become a painful part of your every day life.All you want is to figure out whatâ ™s causing your suffering and to finally feel betterâ ”for goodâ ”but no one seems to be able to offer you the help you so desperately need.Fortunately, an answer has finally arrived.The Low-FODMAP Diet is a proven method to relieve the symptoms of irritable bowel syndrome by cutting out FODMAPSâ ”difficult to digest carbs that can be found in certain fruits, vegetables and nuts, as well as sweeteners, milk, soy and wheat. By cutting out these specific carbohydrates, youâ ™ll finally be able to experience the relief that youâ ™ve been waiting for. And you'll be able to do it easily using the most convenient and time-saving appliance in your kitchenâ ”your slow cooker!Enjoy tasty, healthy recipes such as:Bacon and Veggie Breakfast CasseroleCinnamon Breakfast QuinoaSlow Cooker Pumpkin SoupSweet Potato GratinChicken Tikka MasalaEasy Chicken CacciatorePineapple Bananas FosterStrawberry Oatmeal CrispPlus more!For detailed information about the Low FODMAP Diet, including IBS information, food lists and a 14-day meal plan to help you get started, I recommend picking up a copy of The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan for Overcoming IBS for Good.Download The Low FODMAP Diet Slow Cooker Cookbook today and finally experience the relief that youâ ™ve been waiting for!

Book Information

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Customer Reviews

I would like to add to the other very thorough reviews. This book provides very practical information. I have had it for about two weeks and it's already helping! I have suffered from IBS for years and have quite a few materials on the subject. I think the most surprising thing that I learned so far is how my favorite "healthy" staples have been contributing to my symptoms. For example, some items for me are: apples, blackberries, whole wheat bread (gluten), broccoli, Greek yogurt, and agave to name a few! I can literally feel the difference.

The low FODMAP is great for person that suffer from Irritable Bowel Syndrome, I wish a little more information was given about the diet but I was impressed, nevertheless with the myriad of recipes ranging from breakfast recipes to desserts. My favorite recipes were the stews which turned out perfectly and were gentle on my stomach

Very interesting. I haven't tried the recipes yet, but plan on it in my new slow cooker.

It is organized and informative. I wish I had it sooner

Just got it but it's very informative.

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