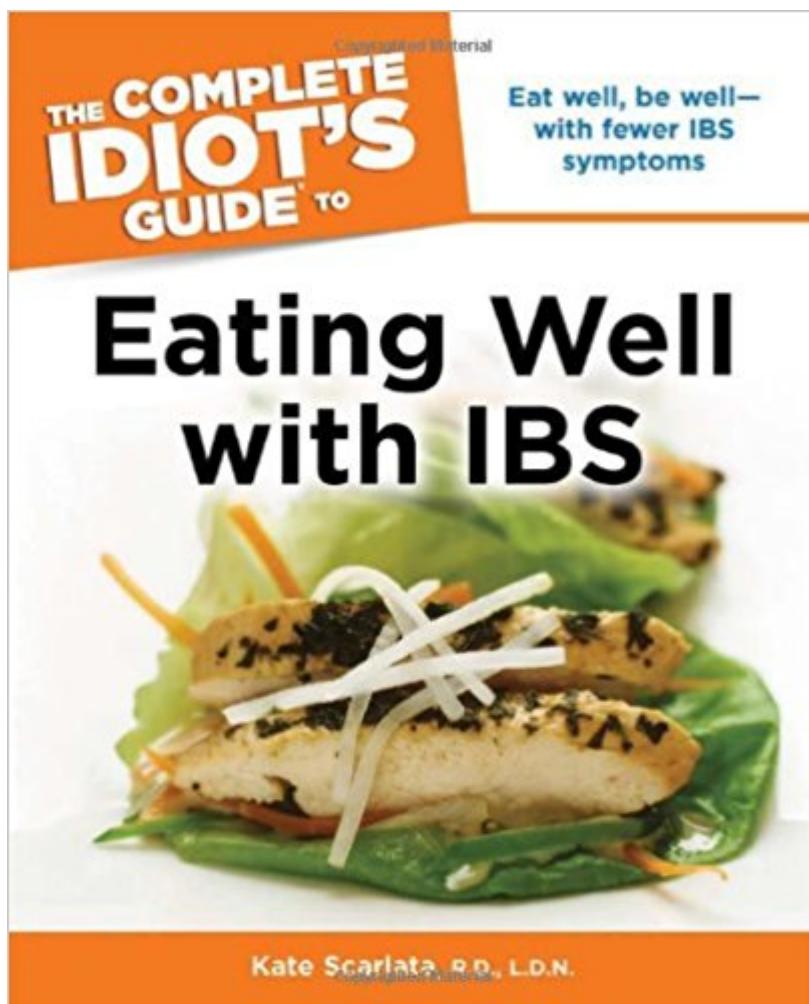


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# The Complete Idiot's Guide To Eating Well With IBS (Idiot's Guides)



## Synopsis

Soothe your digestive system with 200+ meal plans and recipes. The Complete Idiot's Guide(r) to Eating Well with IBS will introduce readers suffering from Irritable Bowel Syndrome (IBS) to the information they need to identify the foods that trigger symptoms and prepare recipes meal plans that alleviate those symptoms. Features more than 200 recipes and meal plans; Kate Scarlata is a licensed dietitian with 20 years of experience helping IBS patients with their condition, and an IBS sufferer herself; Thirty-five million Americans are estimated to suffer from IBS, the second leading cause of worker absenteeism

## Book Information

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## Customer Reviews

Kate Scarlata, RD, LDN, is a registered and licensed dietitian with over 20 years of experience. She currently provides nutritional consultation for conditions such as IBS, celiac disease, diabetes, and weight management in her private practice in Boston. Kate is the coauthor of *Real People Need Real Food: A Guide to Healthy Eating for Families living in a Fast Food World*.

This book is wonderful. It explains in clear simple language what you are dealing with and how to handle it. Once your doctor gives you a diagnosis (about 10 to 20% of the population deals with this in some degree) and a diet and waves his hand in dismissal and says "It's up to you now," the book takes over. About 2/3 of the book is recipes. For this reason I recommend the hard or soft cover

editions. Do not download the e-book version to Kindle. It is mega-frustrating to try to follow a recipe in that Kindle--hard to browse, and when you find something, it take at least 5 Or 6 Kindle pages to follow the recipe. You'll find yourself madly flipping as you cook. About 10 to 15% of the population suffers from some version of IBS.. From Improved sufferer. This book is wonderful. It explains in simple, easy to read language what causes Irritable Bowel Syndrome, and what you can do about it. The suggestions work well. Once the doctor hands you a diagnosis and a diet, waves his hand in dismissal and says, "It's up to you," this book takes over. About 2/3 of the book are recipes and diet suggestions to help you. For this reason, I recommend that you buy the hardcover or softcover book. Do not download the ebook version to the Kindle. It is mega frustrating to browse the Kindle for recipes, and when you find one, to cook from that recipe as it takes several Kindle pages to complete a recipe and you are flipping back and forth trying to follow the recipe.

This book, like many others is filled with recipes containing food that is very bad for some, if not many people who suffer with IBS. Perhaps it would be better if the title referenced which type of IBS can benefit from the information in the book.

Simple, and easy to use with some good recipes. So far, I have not had an IBS attack after eating any of these recipes. It also is helping some with keeping a Food Diary which I tend to do intermittently even though I know it is important.

Very useful information presented so that the lay person can understand. I'm new to the IBS scene so appreciate all tips I can get.

Eating Well with Irritable Bowel Syndrome by Kate Scarlata is a "stand out" amongst IBS and other related GI health books. As with many syndrome-type medical conditions, it can take years of people suffering before the medical community gets a full grasp on exactly what the condition is, if it even exists and how to treat it. Dedicated research and the many IBS sufferers have finally put IBS on the map as a definitive diagnosis that deserves attention. Based on first hand experience as an IBS sufferer and her thorough research of IBS as a nutritionist, Kate carefully constructs a path down which the reader truly learns this GI syndrome, which foods and nutrients help and hurt it, and what sorts it out from other GI illnesses. The first half of the book is devoted to the science and physiology of IBS and the latest research on which nutrients are wrecking havoc on your gut, primarily the fermentable carbohydrates. Many things you will learn, including the role of probiotics,

the good and bad of fiber with IBS, food intolerances vs. allergies vs. sensitivities, how to eat out, and maybe most importantly the latest research on FODMAPs, an acronym to describe the specific carbohydrates that for various reasons never get fully digested and end up leaving you bloated and bound or bound for the bathroom. This is the heart of IBS treatment, which the medical community is starting to wake up to...because IBS sufferers improve with it. I have used the FODMAPs to help my IBS patients and it works; people feel better and can live more functional lives. The second half of the book includes a broad range of tried and true tested recipes that will leave you wanting to try them regardless if you have IBS. Kate's style of writing and humor make this a wonderful blend of the hard science of IBS with the "how to's" of treatment. It gives IBS sufferers the tools to enjoy eating again and the medical community a reliable resource for a far too long, misunderstood diagnosis. I highly recommend IBS sufferers and anyone who treats them to read it.

I just received this book this morning and have been going through it and I'm SO happy. I bought 3 different "recommended" books on IBS and I THINK this is the best. The other books had recipes for foods that I would NEVER eat. This book is much more down to earth in its recipes. I have a chronic debilitating form of IBS. Severe pain is my constant companion. I am truly hoping this book helps. I will update this review as time goes on. I hope to be able to continue to recommend it.

I was having serious abdominal cramping and gas issues!! My Dr. suggested that I may be suffering from IBS. This book helped me identify the foods that are causing my problems....never had heard of "fructans" until I read this book. Avoiding the foods on the fructan list has changed my life!

Great recipes. Easy and tasty. Would absolutely recommend this book

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