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# IBS-Free At Last! Second Edition. Change Your Carbs, Change Your Life With The FODMAP Elimination Diet



## Synopsis

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 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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## Customer Reviews

For the last two years, I have been on a quest to find the right diet for myself that will accommodate all my food restrictions, not worsen my digestive symptoms and actually will allow me to maintain or lose those creeping middle aged pounds. A tall order for any diet. Going gluten and dairy free may have actually unmasked or worsened my IBS symptoms! The Paleo diet (greens and meat) fit my food restrictions and made me feel energetic (I lost weight for a few weeks). Unfortunately, a gradual worsening of IBS symptoms led to a desperate state after about 6 months. Then I learned about soluble vs. insoluble fiber impact on IBS and I brought back all the soluble fiber that Paleo had eliminated (potatoes, rice, beans, etc. ). My IBS symptoms were mostly relieved (Whew!) but I miss the light and energetic feeling I had on Paleo. The Blood Type Diet makes sense to me because as a blood type A, I should be mostly vegetarian, which fits with how I used to eat before all this IBS started. However, the Blood type diet is more difficult due to so many specific "no-nos" - like tomatoes and peppers! What's life without a little spice?! My IBS still seems to come and go and I'm not sure why. So now I found Patsy Catsos book IBS-Free at Last! 2nd Edition on Kindle. This book is not about food restriction or rigid philosophies. It is a road map to personalize your own diet. If you have certain food philosophies you ascribe to, you can incorporate them into this diet. Once you learn which types of carbohydrates are problematic for you personally, you can avoid what you want or choose to challenge your system and bear the consequences. At least you'll have a good idea what caused any problems so you can make better choices for yourself.

IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition  
This is an update to my original review: September 2012  
It has been 4 months since I received my copy of IBS: Free at Last! and what a difference the 4 months has made! I thank Patsy Castsos for providing the framework that allowed me to succeed in being FREE from IBS pain and now FREE from IBS medications! And if being pain free wasn't a great enough gift, I have also been able to lose 50 lbs in just 4 months. I do understand that weight loss is NOT the intention for this book,

especially since many IBS sufferers are underweight and cannot afford to lose weight. But in my particular case, eliminating high FODMAP vegetables has allowed me to enjoy fresh vegetables and finally succeed in eating a well rounded diet that allowed me to lose weight. I do believe that 20-30 lbs that I lost were connected to the bloat and water retention of IBS and being that I am IBS free, those pounds are staying off! The time it takes to follow the elimination phase of this program is time worth spent. I know it seems daunting and impossible to eliminate things like garlic, onions, wheat and even broccoli. But, I have and I am so glad I did. It turns out that for me, these 4 ingredients were the main part of my previous diet. What was a salad without red onions? How would I cook without garlic? I have learned to have a varied diet, full of nutrients, without being sick. Now my salads are full of a variety of low FODMAP vegetables and I can actually eat as much salad as I want ... a huge change for me!

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IBS-Free at Last! Second Edition. Change Your Carbs, Change Your Life with the FODMAP Elimination Diet IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-FODMAP Diet) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Low FODMAP: The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan For Overcoming IBS For Good (Managing Irritable Bowel Syndrome Cookbooks) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in Your Diet. The FODMAP Navigator: Low-FODMAP Diet charts with ratings of more than 500 foods, food additives and prebiotics Low FODMAP Menus for Irritable Bowel Syndrome: Menus for those on a low FODMAP diet The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More HCG Diet: HCG Diet Plan:

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