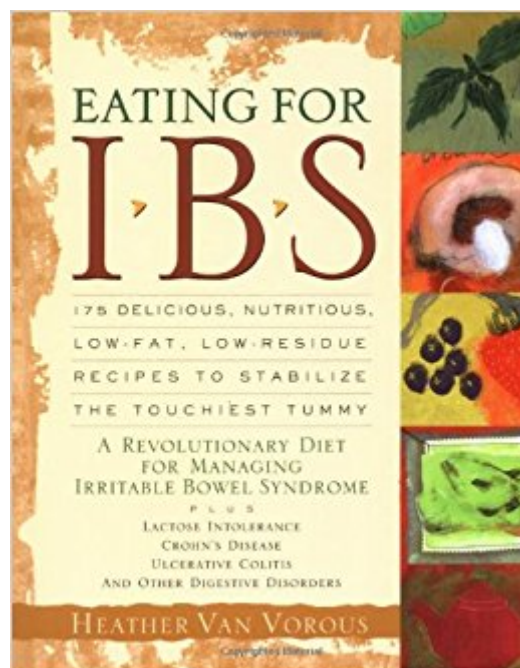




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# Eating For IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes To Stabilize The Touchiest Tummy



## Synopsis

IBS is one of our nation's most untalked-about ailments, but millions of people - mostly women - suffer from the debilitating condition, one that must be controlled primarily through diet. Contrary to what may sufferers believe, eating for IBS does not mean deprivation, never going to restaurants, boring food, or an unhealthily limited diet. It does mean cutting out such trigger foods as red meat, dairy, most fats, caffeine, alcohol, and insoluble fiber. Heather Van Vorous, who has suffered from IBS since age 9 and gradually learned how to control her IBS symptoms through dietary modifications, collects here 175 recipes she has created over 20 years. IBS sufferers will be thrilled to discover that they can enjoy traditional homestyle cooking, ethnic foods, rich desserts, snacks, and party foods - and don't have to cook weird or special meals for themselves while their families follow a "normal" diet. Eating with IBS will forever revolutionize the way people with IBS eat - and live.

## Book Information

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## Customer Reviews

Should be on the shelf of every IBS sufferer - a wonderful gift to IBS patients. Learn how to once again enjoy food in a way that won't exacerbate digestive symptoms. --Irritable Bowel Syndrome Guide at About.com Barbara Bradley Bolen, Ph.D.

Over 150,000 copies sold Finalist for the International Association of Culinary Professionals (IACP) Health and Special Diet Award, 2000

having IBS is no fun as you have to watch everything you eat...and decide "is this food going to be a problem ?". This IBS cookbook is great and has over 100 delicious recipes . She also discusses 'problem foods and drinks' for the IBS sufferer ... I just received my copy and can't wait to start making some of these dishes !!

Great Book - Fast Arrival - Great information however my stomach is much more pointed than this IBS books view. Thus it is less helpful for me because I need something more pointed at my exact symptoms. IBS being a blanket term made this a large bit of info that won't fit for everyone but you can take the piece and good info that will help you. Get to know your body, so that when you read it you can utilize the parts that will apply to you. Remember everyone's body is different and thus no one thing can apply to all. Take the good you can, leave the rest.

I have food sensitivities, it may not actually be IBS, but this has become my go-to reference book. Good simple suggestions and amazing recipes. The author has found a way to put excitement and variety back into mealtime. I recommend it for anyone who has any problems at all with food allergies or sensitive.

When I developed IBS some years ago, there wasn't too much available to explain what was going on. I was seeing a doctor who gave me a short list of things to avoid, but his time was so limited that I needed some other help. I found this book which was so helpful, and is still my Go To for information. It's more than a cookbook. The author really describes what's happening to you, and gives good information about what you can and can't eat. Heather Van Vorous is THE guru for IBS. My local health food store carries several of her products which I use daily. A friend was recently diagnosed with IBS and I loaned her this book. She loved it so much she ordered her own copy. A Must for anyone with IBS.

I've personally been ill-stricken with the unforgiveable disease known to many as IBS. And like most sufferers, I too have fallen victim to the midnight hospital visits, numerous testing (ultra-sounds, CT scans, & blood work), and impassive doctors that draw no possible conclusions except for to eat more fiber & drink more water. For 4 years, my quality of life has been jeopardized and is something, no looking back in regret, I can't take back. One word to describe this illness? Miserable. One word to describe this book? Godsend. The description of the illness is well-written

with easy literature that even a teenager could understand. First 20% is vital information needed to understand how IBS affects the average sufferer - a crash course in biology. The last 80% includes recipes to help kick-start your diet change. Unfortunately for me, I live in Hawaii where many of the ingredients are either hard to locate or are very expensive. But, nothing a whole foods store can't fix! In addition, my only complaint at this point is that I have to modify a lot of my meals for both myself and my family. They prefer my "old style" of cooking, but since giving up red meats, this task has been a bit more overwhelming than I anticipated. Either way, if you're considering this book for purchase, you won't regret it!

Thank you for the help and support. I am an anal cancer survivor and have the same IBS symptoms. Now I understand why and what goes right through me.

This book was written before the Monash University studies on the low FODMAP diet for IBS. I assume that this book is based on the foods that Ms Van Vorous can tolerate but unfortunately her list of tolerated foods doesn't apply to everyone with IBS. FODMAPs are the type of sugars that cause inflammation in people sensitive to them. I found garlic and honey which are both high in FODMAPs used a lot in the recipes in this book and the recipes are not gluten free, and with gluten being another trigger in intestinal inflammation that makes no sense. If you have the same sensitivities as the author you might do well with this but be aware that research and a scientific approach to the problem has come up with different conclusions. Check out the Monash University information on the low FODMAP diet if this book doesn't give you the answers you need. I do have a Masters Degree in Nutrition so I am somewhat knowledgeable. I think it might be helpful to many if the author were to write an updated version taking the latest research into consideration. As for her other products, the Heather's Tummy Fiber ( acacia fiber ) and Heather's Tummy Tamers, ( peppermint capsules ) are excellent products and very useful in managing IBS .

A lot of useful information in this book, especially for IBS sufferers.

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