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The Wholefood Guide To Overcoming

The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) Paperback - July 1, 2010 by Laura Knoff NC (Author) 4.1 out of 5 stars 19 ratings See all formats and editions

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While medication may temporarily alleviate IBS, diet and lifestyle changes target the root of the problem and can help you feel like yourself again. In The Whole-Food Guide to Overcoming Irritable Bowel Syndrome, nutrition consultant and former digestive disorder sufferer Laura Knoff reveals powerful, natural strategies for relieving symptoms right away and offers a collection of easy and nutritious recipes to help you end your struggle with IBS once and for all.

The Whole-Food Guide to Overcoming Irritable Bowel ...

Created by holistic nutrition expert Laura Knoff, The Whole-Food Guide to Overcoming Irritable Bowel Syndrome is a healthy whole foods cookbook and nutrition guide to healing the uncomfortable symptoms of irritable bowel syndrome (IBS). See all Editorial Reviews

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The Whole-Food Guide to Overcoming Irritable Bowel Syndrome. Laura Knoff. If you have irritable bowel syndrome (IBS), you know all too well that its symptoms sometimes rule your life. While medication may temporarily alleviate IBS, diet and lifestyle changes target the root of the problem and can help you feel like yourself again. In The Whole-Food Guide to Overcoming Irritable Bowel Syndrome, nutrition consultant and former digestive

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The Whole-Food Guide to Overcoming Irritable Bowel ...

Laura Knoff, "The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders" ISBN: 1572247983 | 2010 | EPUB | 208 pages | 2 MB

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The end to digestive distress begins with a thorough reading of The Whole-Food Guide to Overcoming IBS. This clear, concise, and elegant book explains the causes and remediation of gut pain and suffering in a way everyone can understand and follow. The recipe section is a delight, with easy-to-make and wonderfully nourishing dishes and meal plans.

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