



Healthy Gut, Flat Stomach: The Fast and Easy Low-FODMAP Diet Plan

Danielle Capalino

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Beat bloat and discomfort with the scientifically proven, easy-to-follow, low-FODMAP plan.

There are a lot of myths about beating stomach bloat and getting a flat tummy, but the FODMAP approach has been scientifically proven to work for both. FODMAPs are sugars found in certain foods that can be hard to digest, and can cause discomfort, gas, and IBS (irritable bowel syndrome) symptoms. Some of the most nutritious foods around are high in these sugars, frustrating people who eat well but still have tummy issues. Apples, garlic, onions, beans, dairy, bread, and cereals are on that list. It may sound complicated or far-fetched but the many converts who have tried the science-supported diet swear by it. In addition to useful everyday advice, the book includes:

- The differences and similarities between this diet and a gluten-free diet
- 7-day sample menu plan with recipes
- Simple and easy recipes for the basic items you need to adapt to fit into the low-FODMAP diet, including staples like salad dressing, marinade, and dips
- Clear explanations for the science behind the low-FODMAP diet and why it works

40 color photographs

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From reader reviews:

Billie Duran:

Book is to be different for every grade. Book for children until eventually adult are different content. As we know that book is very important for people. The book Healthy Gut, Flat Stomach: The Fast and Easy Low-FODMAP Diet Plan had been making you to know about other understanding and of course you can take more information. It is quite advantages for you. The book Healthy Gut, Flat Stomach: The Fast and Easy Low-FODMAP Diet Plan is not only giving you much more new information but also to get your friend when you sense bored. You can spend your own personal spend time to read your e-book. Try to make relationship with all the book Healthy Gut, Flat Stomach: The Fast and Easy Low-FODMAP Diet Plan. You never feel lose out for everything should you read some books.

Bethel Stockton:

People live in this new day of lifestyle always aim to and must have the free time or they will get lot of stress from both way of life and work. So , whenever we ask do people have free time, we will say absolutely sure. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, the actual book you have read is usually Healthy Gut, Flat Stomach: The Fast and Easy Low-FODMAP Diet Plan.

Amanda Despain:

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