



IBS: Food, Facts and Recipes

Tracy Parker, Sara Lewis

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With so many people worldwide affected by Irritable Bowel Syndrome, it is important that we all know the details behind recognising and curing this affliction. "IBS: Food, Facts and Recipes" offers expert, easy-to-follow information, together with all the latest research, about exactly what IBS is and its symptoms and causes. This practical book also provides detailed advice on what to eat and what to avoid with 50 delicious, nutritious recipes that make eating right easy. It includes constructive ideas for simple lifestyle changes that will help to ease symptoms and answers to all the questions that you might be too embarrassed to ask.

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