

## The Wholefood Guide To Overcoming Irritable Bowel Syndrome Strategies And Recipes For Eating Well With Ibs Indigestion And Other Digestive Disorders The New Harbinger Wholebody Healing Series

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

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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