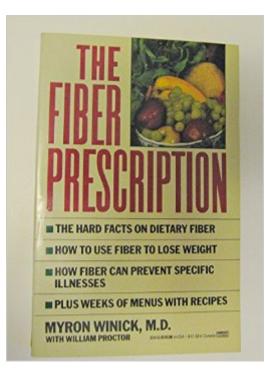
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The Fiber Prescription





Book Information

Paperback: 197 pages Publisher: Ballantine Books; 1st edition (July 28, 1992) Language: English ISBN-10: 0449904504 ISBN-13: 978-0449904503 Product Dimensions: 0.5 x 5.2 x 8 inches Shipping Weight: 8 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #2,170,165 in Books (See Top 100 in Books) #107 in Books > Health, Fitness & Dieting > Nutrition > Fiber #20301 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

This was a fun book to read because of the examples of real life situations. The recipes were a big hit with my family. Fiber is a key part of a healthy diet and the recipes were a practical way to help me with my irritable bowel syndrome.

Great purchase

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