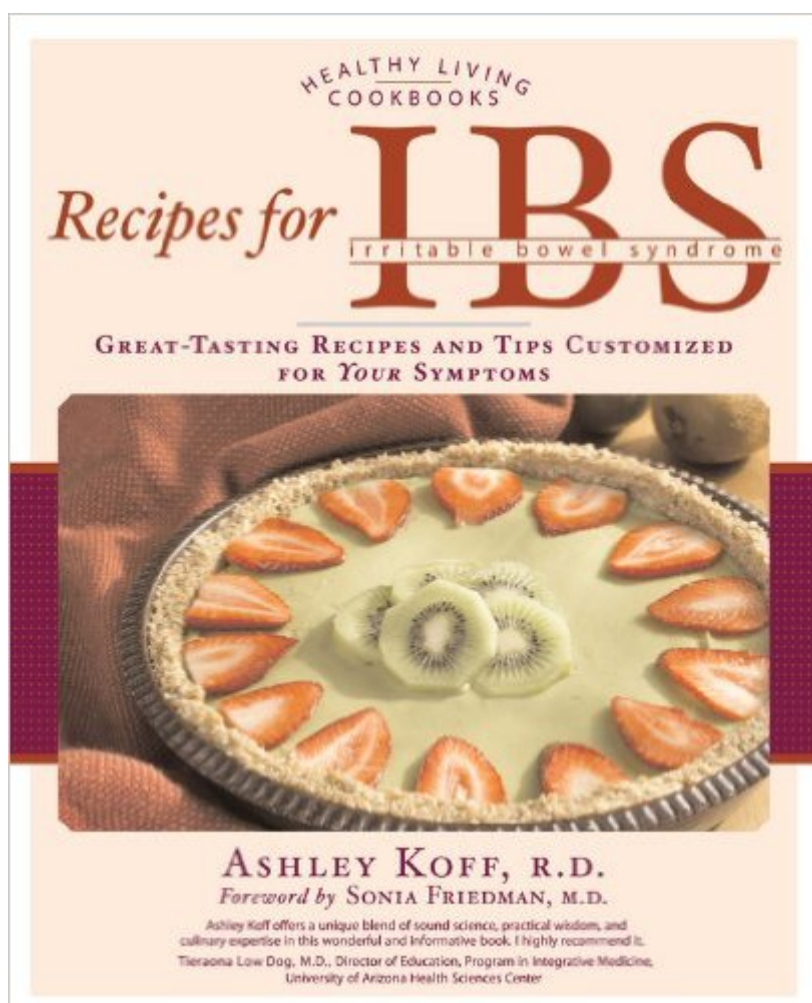


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# Recipes For IBS: Great-Tasting Recipes And Tips Customized For Your Symptoms (Healthy Living Cookbooks)



## Synopsis

Recipes that are specifically designed for people diagnosed with IBS. It is estimated that about five million people suffer from IBS worldwide. The primary treatment for IBS is lifestyle changes, not medication, so a cookbook for healthy living is essential. Paying special attention to what you eat may go a long way toward reducing symptoms and promoting healing. It is generally recommended that people diagnosed with IBS eat a low fiber, non-dairy diet. (Some people find their symptoms are made worse by milk, alcohol, hot spices, or fiber.) However, Recipes for IBS provides readers with recipes that extend beyond just bland foods, allowing them to eat a 'normal' diet, such as comfort foods like macaroni and cheese and shepherd's pie, baked goods like brownies and pumpkin pie, as well as other sweets like ice cream and smoothies. The book features full-color illustrations, patient testimonials, and offers recipes that will make eating easier, enabling people diagnosed with this disease to live a more active, enjoyable life.

## Book Information

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## Customer Reviews

What I like about this book is the color-coding. It doesn't just tell you what to eat and not eat, but what foods are helpful for certain symptoms. So you can skim the book for the color that matches your symptoms... or if you are having a really sensitive day, you just look for recipes with a purple dot. There are also suggestions next to the dots on how to modify the recipe for the symptoms (ex. skip the peppers for some types of symptoms). Some of the ingredients are rather specific. If you are

a regular Whole Foods shopper or someone who is careful about nutrition, you may be familiar with many of the ingredients. But if you do a lot of conventional cooking, it may feel a bit overwhelming to see some ingredients that aren't always available at a conventional supermarket. If you are interested in eating less processed foods, it might be worth exploring a few new things and seeing what you like & works for your stomach. On the whole, the recipes here are pretty simple (shorter lists of ingredients) which helps with modification/substitution. My only criticism is that while the book acknowledges food sensitivities, there are quite a few recipes with gluten grains, nightshades, etc... which is fine... but given the goal of the book, it would be nice to see some footnotes on how to replace common allergens when they appear in a recipe (ex. if you can't eat oat flour, what are some options to replace it with that would still taste good?). Overall, it's nice to see a resource that acknowledges the variety of symptoms of IBS and uses known "helpers" (such as ginger or peppermint) in the recipes to help calm things down... and encourages healthy foods, rather than recommending a diet full of white foods (ex. rice, bread and pasta) as the staple of an IBS diet.

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