

## 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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~~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). --This text refers to an out of print or unavailable edition of this title.~~

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~~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.~~