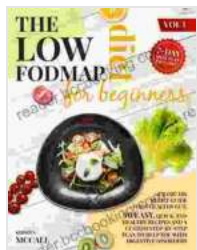


# Basic IBS Relief Guide for a Healthy Gut: 90 Easy, Quick, and Healthy Recipes



**The Low FODMAP Diet For Beginners: A Basic IBS Relief Guide For A Healthy Gut. 90 Easy, Quick, And Healthy Recipes And A Custom Step-By-Step Plan To Help You With Digestive Disorders. (Vol.1)** by Kirsten McCall

★★★★☆ 4 out of 5

Language : English  
File size : 18315 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 162 pages  
Lending : Enabled  
Screen Reader : Supported



If you're struggling with the uncomfortable symptoms of IBS, this comprehensive guide is here to help you find relief. Written by a registered dietitian specializing in digestive health, this book provides everything you need to know about IBS, including its triggers, symptoms, and effective management strategies.

At the heart of this guide is a collection of 90 easy, quick, and healthy recipes that are specially designed to soothe your gut and reduce IBS symptoms. Each recipe is packed with gut-friendly ingredients and free from common IBS triggers like FODMAPs, gluten, and dairy.

In addition to the recipes, this guide also includes:

- A comprehensive overview of IBS, including its symptoms, causes, and triggers
- Effective dietary strategies for managing IBS
- Meal plans and tips for creating a personalized IBS-friendly diet
- Expert advice on managing stress and other lifestyle factors that can affect IBS

With this guide, you'll have everything you need to take control of your IBS and enjoy a healthier, more comfortable life.

## **What is IBS?**

IBS, or irritable bowel syndrome, is a common digestive disorder that affects millions of people worldwide. It is characterized by abdominal pain, cramping, gas, bloating, and diarrhea or constipation.

The exact cause of IBS is unknown, but it is thought to be related to a number of factors, including:

- Changes in gut microbiota
- Food intolerances
- Stress
- Hormonal changes

## **Symptoms of IBS**

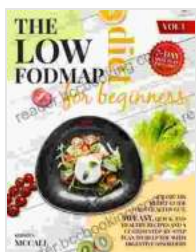
The symptoms of IBS can vary from person to person, but the most common symptoms include:

- Abdominal pain and cramping
- Gas and bloating
- Diarrhea or constipation
- Alternating periods of diarrhea and constipation
- Urgency to defecate
- Feeling of incomplete evacuation
- Fatigue
- Headaches
- Anxiety

## Triggers of IBS

There are a number of different things that can trigger IBS symptoms, including:

- Certain foods, such as FODMAPs, gluten, and dairy
- 



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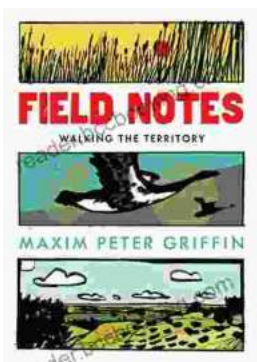
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