



# **The Complete Low-FODMAP Diet: The Revolutionary Plan for Managing Symptoms in IBS, Crohn's Disease, Coeliac Disease and Other Digestive Disorders**

*Dr. Sue, Gibson, Dr. Peter Shepherd*

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The clear, accessible guide to the only medically proven programme to treat IBS, The Complete Low-FODMAP Diet introduces this cutting-edge approach for the first time. Based on extensive clinical research, this book will show anyone suffering from IBS, coeliac disease, lactose intolerance and related conditions how to relieve symptoms and heal the gut through simple changes to the food we eat. FODMAPS are fermentable, poorly absorbed short-chain sugars that the body finds difficult to digest. They act as 'fast food' for gut bacteria, leading to imbalances in gut flora, bloating and discomfort. This book reveals how to identify and avoid foods that are likely to cause symptoms and gives delicious, healthy alternatives to include in their place. Full of essential information, 80 fabulous recipes, beautiful photography, meal plans and suggestions for eating out and special occasions, The Complete Low-FODMAP Diet marks a turning point in the treatment of IBS.

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