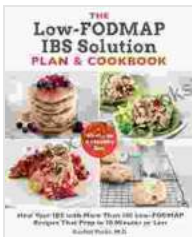


# Heal Your IBS with More Than 100 Low FODMAP Recipes That Prep in 30 Minutes or Less!

If you're struggling with IBS, you know how frustrating and debilitating it can be. The pain, bloating, and diarrhea can make it difficult to live a normal life. But there is hope! The Low FODMAP diet has been shown to be effective in reducing IBS symptoms in up to 75% of people.

The Low FODMAP diet is a restrictive diet that eliminates certain types of carbohydrates that are poorly absorbed by the small intestine. These carbohydrates, known as FODMAPs, can cause digestive symptoms in people with IBS.



## The Low-FODMAP IBS Solution Plan and Cookbook: Heal Your IBS with More Than 100 Low-FODMAP

**Recipes That Prep in 30 Minutes or Less** by Dr. Rachel Pauls

★★★★☆ 4.5 out of 5

Language : English  
File size : 17240 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 176 pages



Following the Low FODMAP diet can be challenging, but it's worth it if you're looking to relieve your IBS symptoms. And with this cookbook, you'll

have everything you need to get started on the Low FODMAP diet and start healing your IBS.

This cookbook includes:

- More than 100 delicious and easy-to-follow Low FODMAP recipes
- A complete guide to the Low FODMAP diet
- Tips and tricks for following the Low FODMAP diet
- A meal plan to help you get started

With this cookbook, you'll be able to:

- Reduce your IBS symptoms
- Improve your digestion
- Boost your energy levels
- Live a healthier and more fulfilling life

If you're ready to take control of your IBS and start living a healthier life, then this cookbook is for you.

**Free Download your copy today!**

[Image of cookbook cover]

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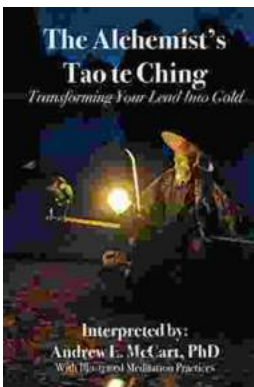
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