



# **The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders**

*Sue Shepherd PhD, Peter Gibson MD*

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**A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disorders—presented by the world’s leading experts and tailored to you**

**“A must-have survival guide” —Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine**

“What can I do to feel better?” For years, millions of adults who suffer from irritable bowel syndrome (IBS) have asked this question, often to be met with scientifically unfounded or inadequate advice.

The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPs—difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners.

In *The Complete Low-FODMAP Diet*, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to:

- Identify and avoid foods high in FODMAPs
- Develop a personalized and sustainable low-FODMAP diet
- Shop, menu plan, entertain, travel, and eat out with peace of mind
- Follow the program if you have IBS, celiac disease, Crohn’s disease, ulcerative colitis, or diabetes, and if you eat a vegetarian, vegan, low-fat, or dairy-free diet.

And, with 80 delicious low-FODMAP, gluten-free recipes, you can manage your symptoms, feel great, and eat well—for life.

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