



The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

Laura Knoff

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If you have irritable bowel syndrome (IBS), you know all too well that its symptoms sometimes rule your life. While medication may temporarily alleviate IBS, diet and lifestyle changes target the root of the problem and can help you feel like yourself again. In **The Whole-Food Guide to Overcoming Irritable Bowel Syndrome**, nutrition consultant and former digestive disorder sufferer Laura Knoff reveals powerful, natural strategies for relieving symptoms right away and offers a collection of easy and nutritious recipes to help you end your struggle with IBS once and for all.

This guide includes tips and advice on:

- What to eat and what to avoid to prevent IBS symptoms
- Herbs and vitamins for improving digestion naturally
- Self-assessing your IBS through an elimination diet
- Lifestyle changes, exercise, and stress management

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