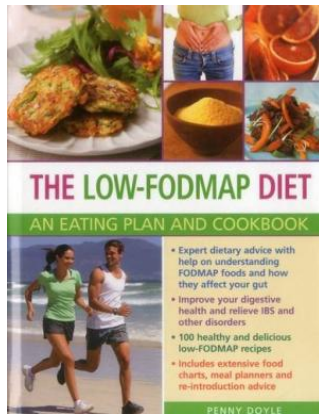


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## FODMAP DIET COOKBOOK



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Fodmap Diet Cookbook, Penny Doyle, Successfully identifying a group of fermentable, poorly absorbed short-chain carbohydrates, known collectively as FODMAPs, has revolutionized the treatment of Irritable Bowel Syndrome (IBS). This book clearly explains the theory and offers help and advice on putting it into practice through a diet that eliminates potential problem foods, assesses the results and then re-introduces them. The introduction is followed by carefully selected recipes, which will make following the diet...

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- Authored by Penny Doyle
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