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The Quiet Gut Cookbook: 135 Easy Low-FODMAP Recipes to Soothe Symptoms of IBS, IBD, and Celiac Disease

Sonoma Press

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Delicious, Satisfying
Recipes for Most Sensitive Digestive Systems

Put the pleasure back into eating with *The Quiet Gut Cookbook*, a delicious solution for those who want to avoid a lifetime of bland meals. Suitable for many sufferers of IBS, IBD, or Celiac disease, the low-FODMAP diet relieves common IBS-like symptoms such as gas and diarrhea. For the many sufferers of IBS, IBD, and Celiac disease who frequently present IBS-like symptoms, this can reduce overall digestive distress. *The Quiet Gut Cookbook* offers everything you need to prepare delicious, healthy, low-FODMAP meals without spending a lot of time or money.

- 135 low-FODMAP recipes that also exclude common food allergens like eggs, dairy, shellfish, nuts and soy
- A special chapter of calming recipes that provide symptomatic relief during painful flare-ups
- A 4-week elimination diet and food reintroduction plan to help you heal the gut
- A Symptom Tracker so you can customize your diet according to your body's unique needs
- Detailed food lists and guidelines that make it simple to avoid FODMAP-containing foods
- Substitution tips that add freedom, flavor, and creativity for a less restrictive diet

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