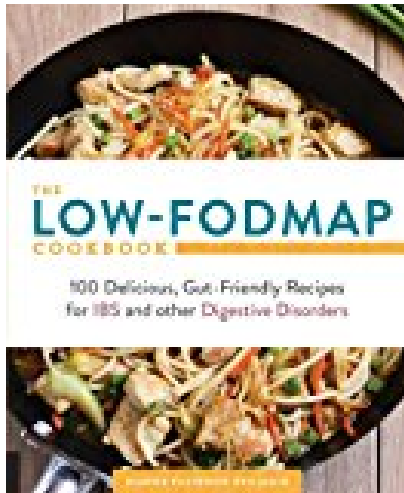


The Low-FODMAP Cookbook 100 Delicious Gut-Friendly Recipes for IBS and other Digestive Disorders



BOOK DETAILS

- Author : Dianne Benjamin
- Pages : 192 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592337147

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BOOK SYNOPSIS

"The Low-FODMAP Cookbook is a collection of 100 recipes that exclude the types of carbohydrates that exacerbate the symptoms of those with digestive disorders such as IBS, Crohns Disease, and Colitis"--

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