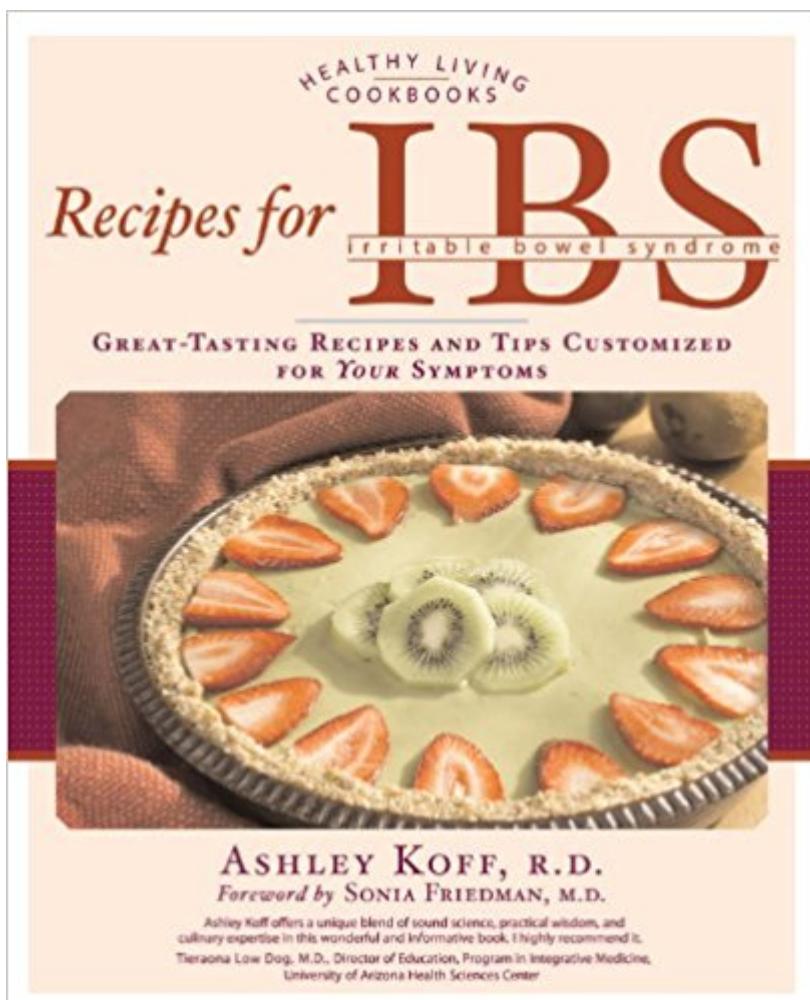


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# Recipes For IBS: Great-Tasting Recipes And Tips Customized For Your Symptoms (Healthy Living Cookbooks)



## Synopsis

Recipes that are specifically designed for people diagnosed with IBS. It is estimated that about five million people suffer from IBS worldwide. The primary treatment for IBS is lifestyle changes, not medication, so a cookbook for healthy living is essential. Paying special attention to what you eat may go a long way toward reducing symptoms and promoting healing. It is generally recommended that people diagnosed with IBS eat a low fiber, non-dairy diet. (Some people find their symptoms are made worse by milk, alcohol, hot spices, or fiber.) However, Recipes for IBS provides readers with recipes that extend beyond just bland foods, allowing them to eat a 'normal' diet, such as comfort foods like macaroni and cheese and shepherd's pie, baked goods like brownies and pumpkin pie, as well as other sweets like ice cream and smoothies. The book features full-color illustrations, patient testimonials, and offers recipes that will make eating easier, enabling people diagnosed with this disease to live a more active, enjoyable life.

## Book Information

Series: Healthy Living Cookbooks

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Best Sellers Rank: #337,933 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #455 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #806 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

Ashley Koff, Registered Dietitian, is trained in all aspects of nutritional counseling. Educated at Duke and New York University, Ms. Koff trained in clinical dietetics at Los Angeles and USC County Hospital. She founded the Healthxchange nutrition counseling and consulting company in 2002. Currently, she sees patients privately and is on staff at Cedars-Sinai Medical Center in Los Angeles. Ashley Koff, Registered Dietitian, is trained in all aspects of nutritional counseling.

Educated at Duke and New York University, Ms. Koff trained in clinical dietetics at Los Angeles and USC County Hospital. She founded the Healthxchange nutrition counseling and consulting company in 2002. Currently, she sees patients privately and is on staff at Cedars-Sinai Medical Center in Los Angeles.

Recipes were not useful. Too many ingredients I would have to purchase. Big disappointment. Sorry I purchased it. On a happy note there are many other useful books for IBS cooks

This author got big props in another sketchy book, Hasselbeck's The G-Free Diet. But I don't have much to recommend it. I'm a fairly progressive, creative cook in the organic, locally sourced gluten-free, dairy-free world, so these recipes aren't anything to write home about. Too much packaged stuff for me. Though some with far less picky palates may find it helpful. Update: I much (much, much) prefer Segersten and Malterre's Nourishing Meals to anything else out there. Recipes that are tried and true and delicious, to boot. [nourishingmeals.com](http://nourishingmeals.com) is their online presence, and it's a way to try their recipes before buying the book. Good stuff.

This book is so well organized for everyone who suffers with an unpredictable colon! I picked it up at the library as a fluke and brought it home. And then I had to buy it because I used so many recipes from it! The first recipe was for Naturally Decaf Tea. It worked beautifully! The Coco Nana Cookies--BETTER than ANY health bar! I freeze them and they are just delicious! Thanks for making my whole body happy! I munch the granola recipe with cold almond milk and feel like a brand new human being!

Having purchased too many cookbooks that look appealing online, but prove to be most definitely otherwise. I previewed this book from my library. In the middle of a severe IBS attack that was keeping me nearly housebound, besides feeling bad physically, I was becoming increasingly depressed as the attack refused to subside. This cookbook is a big moral booster from start to finish. The pictures are great, the recipes fantastic, but the coloring coding for symptoms is the best touch. I shop at an organic co-op and have no problems finding ingredients.

I love this book for one simple reason- depending on what tummy problem you are having on any particular day you can find a recipes that will help with that problem. The recipes are tasty and easy to follow and require minimal preparation.

Great! Thanks

i enjoy this book, cause i was having trouble with recipies and finding things i could eat. and now the book makes things a bit easier

Good information for IBS relief and a variety of recipes.I'd prefer a vegetarian only cookbook but if you're creative enough you can make your own substitutes.

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Living With IBS: A Step-By-Step Program to Managing Your Symptoms So You Can Enjoy Life to the Full! Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) The Chocolate Tasting Kit (Tasting Kits) Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS - Barbecuing & Grilling Meat & Game (Outdoor ... ~ American Football Recipes) (Volume 3) Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS ~ Barbecuing & Grilling Meat & Game (Outdoor Cooking ... ~ American Football Recipes Book 3) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2)

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