

Gut Feeling Delicious Low Fodmap Recipes To Soothe The Symptoms Of A Sensitive Gut

From the Sunday Times bestselling authors, The Happy Pear 'My go-to for incredible vegan recipes' Joe Wicks 'Awesome plans that show how plant-based food can transform your health' BOSH! _____

_____ Want to improve your health, lose weight or gain more energy? A plant-based diet might be the answer you're looking for. The Happy Health Plan brings you 90 brand new, mouth-watering recipes and four bespoke meals straight from the Happy Pear kitchen. The recipes have been specially designed with medical experts to look after your heart, give you glowing skin, calm your gut and help you lose weight, without counting a single calorie. Cooking with more plants means that every meal is full of fibre, high in vitamins and low in saturated fat, which means they boost your energy, reduce cholesterol and keep you fuller for longer. Including lots of classic dishes, from a creamy carbonara to a katsu curry, a fluffy pancake stack and even a berry crumble, this book will help you to look after your whole body health, inside and out, with tastier food than ever before.

Delicious recipes and meal plans to ease symptoms and improve digestion If you are suffering from symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, scientists have discovered that FODMAPs, a collection of short-chain carbohydrates that are difficult to digest, are often the source of these digestive issues. FODMAPs are found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners. The Everything Low-FODMAP Diet Cookbook includes 300 delicious low-FODMAP and gluten-free recipes, including: Cranberry Almond Granola Strawberry Coconut Almond Smoothie Quinoa, Corn, and Zucchini Fritters Coconut Curry Lemongrass Soup Roasted Parsnips with Rosemary Blueberry-Glazed Chicken Citrus Flank Steak Grilled Swordfish with Pineapple Salsa Mexican Risotto Spiced Pumpkin Cupcakes With these recipes and an extensive meal plan, you'll be able to identify your sensitivities, eliminate problem foods, and control symptoms. Create your own personalized and realistic eating plan to improve your health and enjoy your favorite meals again.

In a landmark study published two years ago, the Australian researchers asked patients with IBS to remove FODMAPs from their diet. They found 74 per cent reported that their symptoms, such as bloating, abdominal pain, gas, excessive burping, diarrhoea and constipation, had improved dramatically. The findings so impressed gastroenterologists at King's College London that they adapted the diet for the UK and many British patients are on the Low FODMAP diet. At first glance, the Low FODMAP diet may appear daunting, as it involves cutting out all five families of fermentable carbohydrates: Fructans (wheat, rye, onions, garlic and various other grains and vegetables), Galacto oligosaccharides (beans and pulses), Polyols (certain fruit, sugar-free gum and mints), Fructose (various fruits, honey and agave nectar) and Lactose (animal milks, yogurts and some cheeses). However, this book gives practical guidance on how to follow the regime while ensuring a balanced, nutrient rich diet, transforming the Low FODMAP diet from a seeming mountain of restrictions to something you can follow easily and with pleasure while your digestive symptoms diminish (or even

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completely resolve). Whether you need quick and easy meals to prepare or you enjoy the art of cooking a dinner-party-worthy dish, this book will guide you step by step... meaning you can have your cake and eat it (literally!).

Healthy gut, happy body. Wondering what all the FODMAP fuss is about? If you suffer from digestive issues like IBS and Crohn's disease, chances are not many types of food will agree with you and you might feel like your recipe options are limited. Now, thanks to The Ultimate FODMAP Cookbook, you no longer have to miss out on delicious food. FODMAPs are types of carbohydrates found in many foods that can cause digestive issues. The recipes in The Ultimate FODMAP Cookbook are based on extensive research carried out at Monash University in Melbourne, Australia. All dishes follow the low FODMAP diet and eliminate the foods likely to leave you with an upset stomach, with long term gut health as the ultimate goal. With 150 recipes from breakfast to dinner and everything in between, you are certain to find something that hits the spot. Whatever cuisine you enjoy – British, Mediterranean, Mexican, Thai, Japanese or Middle Eastern – you'll find innovative, healthy and delicious recipes in The Ultimate FODMAP Cookbook that will leave you feeling light and bright.

A nutritionist explains how to practice mindful eating for improved health and digestion, your healthiest weight, and a greater sense of calm. Forget counting calories, strict portion control, and restrictive diet plans. Say goodbye to yo-yo dieting forever. Eating a sandwich while running from a bear isn't good for digestion or nutrition. That's exactly what we're doing when eating a meal on the run or being distracted by computers, TVs, and newspapers. Rather than nourishing our bodies, we are feeding anxiety and poor habits that prevent our systems from functioning well. Author and registered dietitian Michelle Babb shows you how to practice mindful eating that lets your body access the nutrients from food and turn on its self-regulating system. It's the sustainable way to shed pounds, maintain your healthiest weight, and ensure optimal digestion. When you build a positive relationship with food, you reduce binge and emotional eating. Included in the book are 30 recipes designed to enhance your introduction to mindful eating by engaging all the senses.

The Low-FODMAP IBS Solution Plan and Cookbook is your guide to successfully navigating the low-FODMAP diet and reducing IBS symptoms, including a 4-week meal plan and more than 100 low-FODMAP, gluten-free recipes that can be easily prepared in less than 30 minutes.

A collection of more than 150 recipes geared toward people with irritable bowel syndrome and other gastrointestinal diseases includes dishes that promise to restrict FODMAPs (a set of difficult-to-digest carbs found in wheat, milk, beans, soy and certain fruits, vegetables, nuts and sweeteners) and gluten, including Carrot and Ginger Soup and Pesto Margherita Pizza. Original.

Beat bloat and discomfort with the scientifically proven, easy-to-follow, low-FODMAP plan. There are a lot of myths about beating stomach bloat and getting a flat tummy, but the FODMAP approach has been scientifically proven to work for both. FODMAPs are sugars found in certain foods that can be hard to digest, and can cause discomfort, gas, and IBS (irritable bowel syndrome) symptoms. Some of the most nutritious foods around are high in these sugars, frustrating people who eat well but still have tummy issues. Apples, garlic, onions, beans, dairy, bread, and cereals are on that list. It may sound complicated or far-fetched but the many converts who have tried the science-

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supported diet swear by it. In addition to useful everyday advice, the book includes: The differences and similarities between this diet and a gluten-free diet 7-day sample menu plan with recipes Simple and easy recipes for the basic items you need to adapt to fit into the low-FODMAP diet, including staples like salad dressing, marinade, and dips Clear explanations for the science behind the low-FODMAP diet and why it works Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism, appetite regulation, energy expenditure, and endocrine regulation. Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less. In *The Gut Balance Revolution*, Dr. Gerard Mullin--the foremost authority on digestive health and nutritional medicine--explains how to prevent leaky gut, inflammation, and insulin resistance, which are major contributors to obesity. This book will teach you how to rebalance the gut microbiome using a simple three-step method: Reboot: Weed out fat-forming bad bacteria by eliminating foods that make them grow and promote inflammation, insulin, and fat accumulation, and reignite fat burning metabolism with exercise and dietary supplements. Rebalance: Reseed your gut with goods bugs and fertilize these friendly flora to establish a healthy gut ecology, reduce stress, and reinstitute a healthy lifestyle including sleep hygiene. Renew: Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods. The book features step-by-step meal plans, shopping lists, restaurant guides, recipes, recommendations on dietary supplements, and exercises for each phase so you can easily reboot, rebalance, and renew your health.

Are you looking for healthy, delicious recipes to manage your body and feel better? If yes, then keep reading... Unlike other diet programs, low FODMAP diet goes beyond improving your physical appearance or helping you lose weight. It is a lifestyle that can help improve your digestive health, overall wellbeing, and quality of life. This Low-FODMAP Diet Cookbook for Beginners that will give you the opportunity to: Understand The Benefits Of A Low-FODMAP Diet Learn How To Start Your Low-FODMAP Diet For Beginners Discover Mouth-Watering Low-FODMAP Recipes What are you waiting for? Let's get started! Make a Step by Step Scientifically Proven Solution for Managing Body with a Cookbook Full of Fast Relief Recipes

This is a black and white edition of *Food For a Happy Gut*, previously published in hardback in 2017 by *Headline Home*. If you would like the original colour illustrated version of *Food For a Happy Gut* it is available in hardback. 'Both me and my trillions of gut microbes love these great recipes!' Tim Spector 'I love working with Naomi. She is a force of nature and her brilliant books have the power to change lives.' Hugh Fearnley-Whittingstall *The Gut Feeling* is full of recipes that will calm your digestion, soothe your gut and delight your tastebuds. Nutritionist, bestselling author and River Cottage teacher, Naomi Devlin, has distilled everything she knows about keeping your gut healthy into 100 delicious recipes. A gut-friendly diet need not mean the elimination of all your favourite foods. In this book, Naomi will show you how you can turn your gut into a hub of microbial diversity with lots of plant food, a wide range of meats and fats, plenty of raw cheese, slow-cooking, fermented foods and of course prebiotic and probiotic foods. *The Gut Feeling* is full of tasty, healthy recipes and advice and will feed both your tastebuds and your microbes, leaving you content both inside and out. CALM: Breakfasts Soups Salads & Vegetables Meals Treats NOURISH: Breakfasts Soups

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Salads & Vegetables Meals Treats HEAL: Pickled & Preserved Sprinkled Dressed Drinks & Tonics

The complete guide for overcoming IBS by discovering your triggers and building a personalized, doable, and fulfilling diet around nutritious, delicious foods that let you finally feel your best. Patsy Catsos, MS, RDN, LD, pioneered the use of the low-FODMAP diet to find your unique FODMAP fingerprint when she self-published *IBS--Free at Last!*, ushering in a new era of treating IBS through diet instead of medication. Written for at-home use, her book quickly established itself among doctors and other specialists as an invaluable tool for anyone suffering from IBS, Crohn's disease, ulcerative colitis, SIBO, and gluten sensitivity. This new, definitive edition offers the theory along with a program that walks you through eliminating FODMAPs (difficult-to-digest carbohydrates found in a variety of otherwise healthy foods) and adding them back one by one--the most usable, thorough program available. And its 56 delicious recipes, 24 full-color photos, and comprehensive guides to high- and low-FODMAP foods make this the bible of the low-FODMAP lifestyle. Here is your plan for eating well while finally feeling great. Note: This is the updated and expanded edition of *IBS—Free at Last*, including its landmark 8-step program.

More than 100 fresh low-FODMAP recipes—the go-to diet for digestive issues, including IBS. Recent studies have shown that a low-FODMAP diet—one that eliminates certain carbohydrates that can trigger gas, bloating, and other digestive issues—can help followers to feel better fast. Created by Monash University in Melbourne, Australia, the diet has become a worldwide sensation. Because the offending foods often seem like healthy choices (apples, cauliflower, and garlic can all cause tummy discomfort), it can be a challenge to pull together meals. Enter Alana Scott and her wonderful cookbook. Scott, who suffers from irritable bowel syndrome (IBS), began developing recipes so she could enjoy eating again. In *The Gut-Friendly Cookbook*, she shares more than 100 recipes for delicious dinners, breakfasts, lunches, and snacks, plus sweet treats, gorgeous photographs of each recipe, and plenty of easy-to-read background information on FODMAPs, a shopping guide, and advice on how to change your eating through the whole cycle of the low-FODMAP journey. The recipes have all been reviewed and approved by a FODMAP-trained registered dietitian.

In addition to delicious recipes, *The Low FODMAP 6-Week Plan & Cookbook* provides a great introduction to the Low-FODMAP diet, as well as key lifestyle tips to help manage IBS symptoms. --Kate Scarlata, R.D.N., author of *The Complete Idiot's Guide to Eating Well With IBS Irritable Bowel Syndrome (IBS)* is at epidemic levels. Moreover, it is a debilitating condition that leaves its sufferers unable to enjoy many of the normal activities of life. However, the Low-FODMAP diet is promising real relief to those who suffer from IBS and other related digestive disorders. In-depth research studies have proven that the diet dramatically decreases the symptoms in 75% of IBS sufferers. The Low FODMAP Diet 6-Week Implementation Program gives readers a step-by-step plan for integrating the Low-FODMAP diet as well as lifestyle changes which will support maintaining the diet successfully over the long-term. Each week will include worksheets, meal plans and associated recipes and diary pages to track symptoms and successfully identify trigger foods. You may just find that you are eating more deliciously than ever with recipes such as: Banana Pancakes with Cinnamon Ricotta and Kiwi, Tomato, Leek, and Turkey Bruschetta, Chocolate and Orange Polenta Cake,

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Chicken and Walnut Coleslaw, Steak and Mashed Potato with Chimichurri Sauce, Lemon and Parsley-Crusted Salmon, Chicken Cacciatore, Lamb Stir-Fry, Pizza Muffins and Three-Cheese Spanish Tortillas

Tasty drinks your tummy will love Poorly digested sugars and carbohydrates are often the cause of discomfort. Low-FODMAP diets, which feature foods low in these elements, have become popular aids in gut health and comfort. It can feel hard to keep track of it all, though, and sometimes a quick fix that actually helps relieve pain and bloat right away is the perfect antidote— especially when it may also result in flatter bellies. From satisfying smoothies to warm broths, creative cocktails to nutrient- packed juices, Danielle Capalino has thought of a drink for everyone and every gut. Recipes include: Sparkling Green Smoothie Beef Broth with Lemongrass Turmeric Chai Orange Cranberry Cocktail Discover the pathway to ultimate gut health by raising a delicious, probiotic- rich glass. This book offers a comprehensive introduction to the low-FODMAP diet, information on probiotics, and much, much more.

"Now readers can implement a diet plan and understand why it's going to work." —Dr. Barry Marshall, winner of the Nobel Prize for Medicine "Follow this advice for better gut health." —Dr Valter Longo, Director of the University of Southern California Longevity Institute The highly anticipated and essential cookbook companion to *The Clever Gut Diet* by the #1 New York Times bestselling author of the *FastDiet* series, featuring over 150 recipes to help you reap the benefits of a healthy gut, one delicious meal at a time. In *The Clever Gut Diet*, you learned the crucial role your gut plays in your overall wellbeing and in maintaining a healthy weight. Improving your gut health will help you control your cravings, boost your mood, ease intestinal distress, and lose weight. Now, in this eagerly awaited cookbook, you can take this groundbreaking program into your kitchen and enjoy the benefits of a gut-healthy diet at every meal. These delicious recipes for breakfasts, lunches, dinners, snacks, and mouthwatering desserts are proven to help revolutionize your body from the inside out, by increasing the "good" gut bacteria that keep you lean and healthy, while staving off the "bad" gut bacteria that contribute to weight gain and disease. Complete with shopping lists, meal plans, and helpful tips and tricks, this recipe collection will help you transform your gut and your health, one delectable bite at a time.

"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, Crohn's Disease, and Colitis"--

FODMAPs, a broad variety of naturally occurring carbohydrates found in many plant-based foods, can wreak havoc on sensitive digestive systems, especially in people who have irritable bowel syndrome and other functional bowel disorders. Pinpointing and eliminating FODMAPs while maintaining nutritional excellence can be especially challenging for vegans, because FODMAPs are found in an extensive range of common foods and ingredients that are popular among vegans. In this groundbreaking resource and cookbook, Jo Stepaniak lays bare not only the FODMAPs vegans with IBS need to avoid, but also the wide assortment of nutritious plant-based foods that are generally well tolerated. Easy-to-read tables and shopping lists arm readers with all the information they need to navigate the supermarket and purchase kind-to-the-gut fruits, vegetables, grains, nuts, seeds, beverages, and condiments. Over 100 scrumptious low-FODMAP recipes will help readers prepare spectacular seasonings as well as

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mainstays for breakfast, lunch, dinner, and snacks, so they can stay healthy and satisfied while pampering their delicate digestive systems.

A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disorders—presented by the world’s leading experts and tailored to you “A must-have survival guide” —Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine “What can I do to feel better?” For years, millions of adults who suffer from irritable bowel syndrome (IBS) have asked this question, often to be met with scientifically unfounded or inadequate advice. The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPs—difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners. In *The Complete Low-FODMAP Diet*, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to:

- Identify and avoid foods high in FODMAPs
- Develop a personalized and sustainable low-FODMAP diet
- Shop, menu plan, entertain, travel, and eat out with peace of mind
- Follow the program if you have IBS, celiac disease, Crohn’s disease, ulcerative colitis, or diabetes, and if you eat a vegetarian, vegan, low-fat, or dairy-free diet.

And, with 80 delicious low-FODMAP, gluten-free recipes, you can manage your symptoms, feel great, and eat well—for life. The low FODMAP diet is increasingly recognised as the primary management strategy for Irritable Bowel Syndrome (IBS), as it results in a significant reduction of symptoms in over 70% of people who try it. However, cutting out FODMAPs (a group of short-chain carbohydrates which are frequently malabsorbed in the small intestine) can leave people at a loss as to how to eat well without using staples such as bread, pasta, dairy, onion and garlic. This book changes all of that. With 100 delicious recipes - including breakfasts such as Coconut and Mixed Seed Granola, healthy light bites like Prawn Rice Salad, and dinners that include Mexican Chicken Fajitas and Mediterranean Meatballs - you can find real relief and enjoy food once again. 'Low FODMAP eating can really help those with IBS. Think again if you believe it will be boring. The mouth-watering recipes in here will help you adjust to a way of life that can help you manage your symptoms.' Dr Nina Byrne 'I was told that stress caused my IBS, and I never thought anything could change the pain, wind, bloating, sickness and embarrassment. After years of suffering, now I can live without fear and pain. The Low FODMAP Diet is the solution.' Muna Nahab, Client 'Finding Low FODMAP changed my approach to what I eat. Having suffered with IBS for over 15 years, it's now under control and I have more energy and a healthier lifestyle as a result!' Aoife Mollin, Client 'I started the FODMAP diet after a year of having issues. Immediately it had a major impact on my life. I could eliminate food that were causing my symptoms while introducing new foods into my diet that I still enjoy today. I would highly recommend this diet to anyone. Stick with it and the

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benefits will last a life time!' Thomas Clarke, Client

A cookbook dedicated to easy, delicious, everyday recipes for the many sufferers of IBS and other digestive disorders, by a New York Times bestselling author and former Bon Appét contributing editor Do you suffer from IBS or a chronically sensitive stomach? The culprit may be your diet: many everyday foods contain FODMAPs -- a group of carbohydrates that can wreak havoc on your digestive system. Digestive health specialist Kate Scarlata and expert recipe developer Dé Wilson share their clear, accessible, three-step low-FODMAP diet. Backed by the most up-to-date, sound medical advice, *The Low-FODMAP Diet Step by Step* walks you through: Identifying FODMAPs and what foods contain them

Customizing your own gut-friendly plan to alleviate painful symptoms Using an elimination diet to help determine your food triggers Stocking your low-FODMAP pantry, with food lists and more Easy, delicious recipes for every meal, with specific food reintegration tips

Chosen by the Telegraph and the Evening Standard as one of the best healthy eating books of 2017 FODMAPs are a collection of molecules found in foods, that can cause issues for some people. A low-FODMAP lifestyle is the only diet recommended by the NHS to treat IBS and its associated symptoms. Emma Hatcher, creator of the blog *She Can't Eat What?!*, brings you 100 beautiful, healthy and delicious low FODMAP recipes. Emma Hatcher has suffered from a sensitive gut for as long as she can remember. After years of horrible symptoms and endless frustration trying different diets and cutting out various foods, her GP recommended the Low FODMAP Diet. FODMAP changed Emma's life and she has never looked back since. Emma's book, based on her hugely popular food and lifestyle blog *She Can't Eat What?!* will take the frustration out of living with IBS, Crohn's disease, coeliac's disease, food intolerances and many other digestive disorders. It is for anyone who suffers from bloating, tummy pains, digestive issues or feelings of heaviness and discomfort, and for anyone who wants to feel healthy and happy after eating. Backed by the official FODMAP Friendly team and with more than 100 quick, easy and modern recipes, diet information and personal stories for those that have run out of answers and feel 'they can't eat anything', Emma shows you how to create delicious meals and look after your gut in today's stress-filled, modern lifestyle.

Gut Feeling Delicious low FODMAP recipes to soothe the symptoms of a sensitive gut Gill & Macmillan Ltd

If you're one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. *SIBO Made Simple* brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to

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related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, SIBO Made Simple provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. SIBO Made Simple offers a clear path forward, from someone who's been there. Learn to soothe your digestive difficulties with 100 delicious recipes from The Low-FODMAP Cookbook! FODMAPs are carbohydrates that are not properly absorbed in the small intestine by people with digestive difficulties such as IBS, Crohn's Disease, and Colitis. Once these carbohydrates reach the large intestine, they cause many uncomfortable symptoms such as gas, bloating, and pain. The forbidden list of foods is extensive, but The Low-FODMAP Cookbook combines both taste and nutrition to create delightful recipes. The book includes a low-FODMAP eating plan that explains in detail which foods are not allowed and why. These recipes for breakfast, lunch, dinner and snacks are so simple and delicious, they'll appeal to the whole family!

From two popular bloggers and leaders in the functional medicine movement, here's the ultimate guide to eating healthfully as a family—a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love. It can be daunting to live a whole foods lifestyle in today's busy world—even more so to prepare plant-rich, allergen-free meals that'll get the whole family around the table. Popular blogger Ali Segersten and functional medicine expert Tom Malttere are a team devoted to teaching their children—and readers—the importance of living a whole foods lifestyle. Nourishing Meals makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. Every recipe in the book is free of the most common allergens: gluten, soy, eggs, and dairy, as well as refined sugar. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will

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feature more than 30 new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. With an easy, tasty recipe for every day of the year, it's never been simpler to adopt a healthy, whole foods lifestyle!

A low-FODMAP diet is the simplest and most effective way to manage irritable bowel syndrome (IBS) and a range of other dietary intolerances. Georgia McDermott is one of the 15 per cent of Australians who suffer from IBS. She is also a passionate home cook. She set out to find a way of managing her symptoms and discovered the low-FODMAP diet. At the same time, she chronicled her journey and her cooking experiments on her phenomenally successful blog and on Insta (@georgeats). Now, in her first book *Low-FODMAP Favourites*, Georgia shares over 90 recipes that are not only delicious, but will help relieve the uncomfortable symptoms of an unsettled gut. Georgia creates food for all occasions, from colourful salads and hearty dinners to gorgeous savoury bites and full-blown baking extravaganzas. Accompanied by all-new photography, these recipes - most vegetarian and sometimes pescetarian - are tried and tested by Georgia to ensure that taste is never sacrificed in the pursuit of feeling well and comfortable. Whether you're following a low-FODMAP diet, suffer from food intolerances or experience gut-health issues OR you simply love great-tasting food that's also good for you, this book, bursting with deliciousness, is for you. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

It's Not about the Lyme; It's about the Individual **NOURISH, HEAL, THRIVE: A Comprehensive and Holistic Approach to Living with Lyme Disease** is an essential companion for anyone struggling with the long-term challenges associated with Lyme-related illness. Rika Keck shares her extensive clinical knowledge and expertise from a whole-person perspective. Informative and engaging, this valuable holistic and nutritional guide serves as an important adjunct to every Lyme and coinfection treatment protocol. Rika Keck founded NY Integrated Health, LLC, in 2006. With a mind-body philosophy, the company integrates foundational principles including personalized nutrition, lifestyle, and physiological stress management while also considering the impact of environmental toxins, chronic infections, emotional trauma, and genetic predispositions.

International bestselling author, Leanne Vogel delivers the ultimate resource guide for women looking to take charge of their health through a fat-fueled, ketogenic diet. Leanne draws upon her many years of experience as a Nutrition Educator as well as her personal success to bring women this first-ever custom built nutrition program that will meet their individual needs. *Keto for Women* delves into what the keto diet is (and is not) and how women can reap the many health benefits by using a targeted method specifically designed for their bodies. Throughout her book, Leanne teaches women how hormone imbalances cause many of the negative symptoms they experience and what keto foods and

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protocols will work best to remedy those. By teaching women how to understand their bodies, they will be empowered to find solutions that are right for them as individuals and stay in control each step of the way. Leanne sheds new light on the role nutrition plays in: thyroid imbalances, menopause, PCOS, adrenal fatigue, pregnancy, menstrual cycles, sex drive and more. She also details the positive effects of the keto diet on emotional and mental well-being giving women a path to total health, mind, body and soul. Keto for Women provides customizable resources with ingredients that target and balance specific health problems. Leanne also offers maps that you can follow to develop personalized meals that are based upon the ingredients chosen for your unique needs. Keto for Women complements Leanne's 12-week program (happyketobody.com) that has helped more than 3,000 women take charge of their health, using a customized ketogenic diet to balance their bodies.

The Autoimmune Protocol Reintroduction Cookbook guides readers through the four stages of the AIP reintroduction protocol with 100 recipes and food lists. A revolutionary guide to gut health Publisher's Note: Love Your Gut was previously published in the UK under the title Eat Yourself Healthy. The path to health and happiness is inside you—literally. It's your gut! When you eat well, you feed the helpful gut microbes that nourish your metabolism, your immunity, and even your mood. But your microbiome is as unique as you are, so how to eat well varies from person to person. There's more to it than one-size-fits-all advice like "Take probiotics" and "Eat more fermented foods"—in Love Your Gut, Dr. Megan Rossi cuts through the noise. You'll learn what your gut actually needs, how it works, and, most importantly, what to do when it's not loving you back. Gauge your gut health with 11 interactive questionnaires: How happy is your microbiome? Could you have a hidden food intolerance? Are your fruit and veggie choices stuck in a rut? You'll answer these questions and many more! Craft a personal action plan and treat common problems: Learn to manage IBS, bloating, constipation, heartburn, SIBO, and stress—with evidence-based diet strategies, gut-directed yoga flows, sleep hygiene protocols, bowel massage techniques, and more. Enjoy 50 plant-forward, fiber-filled recipes Get ready to discover your happiest, healthiest self. Love your gut!

85 delicious recipes to improve your mental health, boost your mood, and lower your risk of developing cognitive disorders! It is well established that a Mediterranean style diet can reduce the risk of heart disease, stroke, cancer, and diabetes. Now, new evidence suggests that this pattern of eating also reduces the risk of depression too, with those who follow the diet experiencing a significant reduction in symptom severity. Inspired by this fascinating new research, dietitian Paula Mee outlines a healthy eating plan based on the Mediterranean diet that is rich in healthy fats, whole-grain, unrefined carbs, and proteins. With nearly 90 easy-to-prepare recipes included, Mediterranean Mood Food shows that you can stay in great shape physically and mentally while still enjoying delicious food. Covering breakfast, lunch, dinner, and dessert, recipes

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include: Spinach, feta, and egg bake Butter bean, garlic, and dill dip Sweet potato frittata Beetroot, basil, and toasted hazelnut salad Smoked chicken, mango, and avocado salad Garlic, tomato, and mozzarella pizza White fish and fennel gratin Lamb tagine with apricots, almonds, and mint Baked nectarines with almonds and marsala Paula's style is clear and straightforward, translating complex topics into easy to understand chapters. Paired with a bright design and delicious recipes, this book is sure to be enjoyed by health enthusiasts and home-chefs alike.

Learn how to navigate your life with endometriosis in this essential and hopeful guide--including tools and strategies to gain a deeper understanding of your body and manage chronic pain through diet, movement, stress management, and more. Endometriosis isn't just about having "painful periods." It can be a complex, debilitating, and all-encompassing condition that impacts one's mental health, relationships, and career. Endo affects 1 in 10 women and girls across the globe, but even after receiving a diagnosis, many are still left in the dark about their condition. In *Know Your Endo*, Jessica Murnane breaks through the misinformation and gives essential guidance, encouragement, and practical lifestyle tools to help those living with endo have more control and feel better in their bodies. In this empowering and heartfelt guide, Jessica, who suffers from endo herself, shares a progressive five-week plan focused on learning a new management tool each week. Including sections on diet (with recipes!), movement, products, and personal-care rituals, *Know Your Endo* eases readers into a new lifestyle and arms them with the information needed to truly understand their condition. Insights and help from endometriosis doctors and experts are woven throughout, as well as first-person accounts of how endo can impact every aspect of your life. Finally, there's a resource for all people suffering in silence from this chronic condition offering what they need most: hope.

FODMAP is an acronym for FERMENTABLE OLIGOSACCHARIDES, DISACCHARIDES, MONOSACCHARIDES, AND POLYOLS, which are carbohydrates that are not properly absorbed in the small intestine by people with digestive difficulties such as IBS, Crohn's Disease, and Colitis. Dietary manipulation is the core stone of treatment for the majority of sufferers to relieve from the uncomfortable symptoms such as gas, bloating, and pain. The REVOLUTIONARY LOW-FODMAP DIET Cookbook gives all you need to implement the diet – why & what foods to eat at first, and what to reintroduce once you are at a healthy-feeling baseline, also, includes food lists, meal plans, recipes and tips for navigating real-life situations. Settle the monster in your tummy, enjoy delicious meals without worrying about unwanted digestive distress. This is a very practical & comprehensive book with recipes that makes identifying 'trigger' foods simple with tasty recipes right from breakfast to dessert that nourish the body. Make your LOW-FODMAP DIET a delight with the great deal of information.

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Do you have crud in the blood? Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years--or even decades--for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix includes two comprehensive 3-week plans: In the first 3 weeks, you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy--the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, The Autoimmune Fix focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

Adds to the The New York Times best-selling 21-Day Tummy Diet with 150 new recipes for every meal of the day, including Potato, Ham and Cheddar Hash, Italian Tomato and Meatball Soup, Chicken Mac and Cheese and Mochaccino Cupcakes. 75,000 first printing.

The Autoimmune Protocol Meal Prep Cookbook helps you achieve long-term AIP success with 10 weekly AIP-compliant menus, shopping lists for each week, and step-by-step instructions for batch cooking a week's meals in one cooking session. You'll also find keto, low-FODMAP, squeaky clean Paleo, and coconut-free meal plans for those who are concurrently following those modifications. Knowing which foods to eat and which foods to avoid on the Autoimmune Protocol (AIP) is only half of the battle. Making it happen day-in-day-out with a busy schedule is a whole other ball game! Even under the best of circumstances, eating healthy can be difficult. Add a dash of illness, and it becomes very challenging. The Autoimmune Protocol Meal Prep Cookbook helps you stick to AIP for good to achieve your health goals. Say goodbye to last minute scrambling in the kitchen to find something edible that won't send you into an autoimmune flare! Say hello to healthy and delicious AIP meals, always available to eat at home, at work, or on-the-go!

Take charge of your gut health now with the low-FODMAP diet. Are you a teen dealing with stomach problems? If so, you're not alone! Fourteen percent of high school students have symptoms of IBS—such as pain, bloating, and frequent trips to the bathroom. Plus (as if that weren't bad enough!), poor gut health can mean missed school days and trips, awkward explanations, extra doctor's visits, and major cafeteria confusion. Here's the good news: In A Teen's Guide to Gut Health, registered dietitian Rachel Meltzer Warren explains how you can find relief—on a low-FODMAP diet. **GET DIAGNOSED:** Whether it's IBS, Crohn's disease, colitis, or something else, Rachel Meltzer Warren explains the differences and who can help. **GET FODMAP SAVVY:** "FODMAPs" are certain carbs that can be hard to digest, and they lurk in many kinds of good-for-you food, from apples to yogurt. Identify your triggers and learn to avoid them—with a twopart elimination diet, shopping lists, meal plans, and more. **GET**

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YOUR QUESTIONS ANSWERED: No topic is too embarrassing for Meltzer Warren. You'll also find "Real Talk" from real teens throughout! **GET COOKING!** Plus, 30 simple, gluten-free recipes that are low-FODMAP-approved and great for meals, snacks, and sharing.

No more guesswork—go low-FODMAP for good food every day and lasting relief year-round! If you suffer from a digestive disorder, you're likely familiar with a long list of unknowns: I don't look sick, so what's wrong with me? What can I do to feel better? What foods exactly are causing me discomfort? Now, The 2-Step Low-FODMAP Eating Plan is here to answer those questions, provide delicious food that feels good to eat, and help pinpoint specific intolerances in less than eight weeks. Listen to your gut and go low-FODMAP—already proven the most effective dietary treatment worldwide for irritable bowel syndrome and other dietary conditions (including gluten, lactose, and fructose intolerances). Dr. Sue Shepherd's all-new 2-step plan presents a reliable approach to identify what foods you can enjoy, and eliminate only those that cause symptoms (and that doesn't necessarily mean gluten!):

First: Restrict FODMAPs (certain poorly absorbed carbs) to discover a new baseline of health. **Next: Slowly reintroduce them, step-by-step, to learn which FODMAPs are tolerable, and in what amounts. The Result:** A custom-made eating plan with delicious food that will make you happy and healthier! With menu plans for adults, kids, vegetarians and vegans, anyone can do it. Dr. Shepherd also delivers a guide to shopping and how to approach food labels, travel information and tips for eating out, and over 80 crave-worthy recipes. Stop guessing what foods cause distress and start living symptom-free today! With 80 gut-friendly recipes full of flavor and low in FODMAPs!

Breakfast: Pecan and Cinnamon Carrot Muffins **Light Meals:** Roasted Squash and Ginger Soup **Main Meals:** Moroccan Lamb with Lemon Spinach **Vegetarian:** Four-Cheese Risotto **For Kids:** Chicken Drumsticks; Lasagne **Desserts:** Chili Chocolate Cheesecake

More than 125 gut-friendly recipes plus science-backed advice for wellness in body and mind. This game-changing cookbook will make you rethink how you eat. It turns out that gut health is the root of all health: A happy equilibrium in the body's unique community of microbes promotes good health throughout the body, including a stronger immune system, better sleep, and lower stress. Despite eating healthfully, author and recipe developer Lindsay Maitland Hunt was plagued by symptoms such as depression, fatigue, incessant itching, and joint pain—until a gut-friendly way of eating helped bring her back to a state of balance. In fact, she felt better than ever before. Out of Lindsay's journey from sickness to health, and her extensive research, comes this practical and nourishing guide, with irresistibly delicious recipes that make you feel good too. Dishes emphasize plant-based ingredients like vegetables, nuts and seeds, beans and legumes, and whole grains, along with eggs, fish, and some meat and dairy, if you like. Lindsay also walks you through integrating fermented foods into your daily life and reducing added sugar and processed foods. It's an approach you can tailor to your own lifestyle, whether you're vegan, gluten free, or just love to eat! Recipes cover any time you eat, from quick weeknight dinners to party-worthy treats, including: Seeded Almond Flour Waffles with Raspberry-Flax Smash Garlicky Shrimp and Quinoa "Grits" Special-Occasion Short Ribs with Olive Oil and Kefir Mashed Potatoes Parsley, Kale, and Pumpkin Seed Pesto Brussels Sprouts and Peanut Butter Curry Bowl Peanut Butter-Banana "Nice" Cream Plus go-to essentials (roasted vegetables, simply cooked leafy greens, sprouted grains, and more) for building meals off the cuff. Beyond the recipes, Lindsay explains what you need to know about your gut microbiota and offers smart strategies and solutions to help you navigate real life, like a new food pyramid for gut health and tips for tracking (and rewarding) healthy-living habits. Help Yourself isn't a fad diet, a detox, or a cleanse. It's a common-sense approach to food, backed by science. If you've been living with symptoms such as allergies, chronic pain, inflammation, bloating or weight gain, exhaustion or poor sleep, acne, irritability, if you've been diagnosed with an autoimmune disease—or if you just want to feel your best in your body—this book offers a pathway to wellness via the gut.

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A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally. THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing. The book lays out action-oriented, step-by-step instructions on uncovering the root cause of allergies, and makes simple but specific changes that can stop allergy symptoms from recurring. What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally. As an allergy specialist, Dr. Susanne Bennett sees roughly 100 patients a week, from children to movie stars. They come to her after exhausting every resource: doctors, medicines, creams, shots, you name it. They suffer from hives, sneezing, headaches, asthma, muscle aches, swelling and digestive problems, and more. THE 7 DAY ALLERGY MAKEOVER, based on 23 years of Dr. Bennett's clinical experience, is an easy-to-implement and transformational plan for eliminating allergies from your life forever. Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies--nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.

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