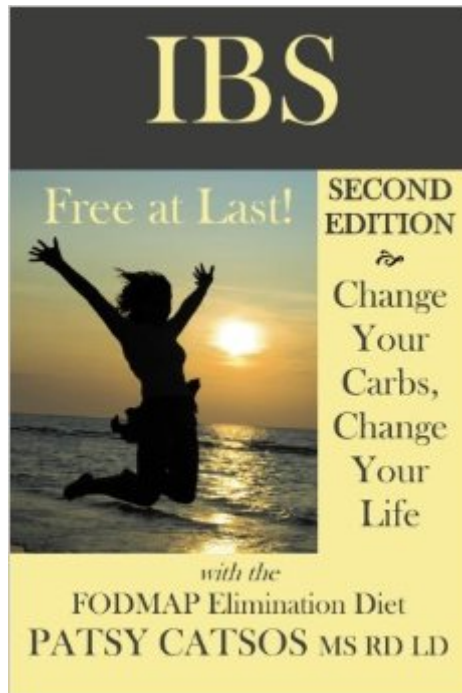


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# IBS: Free At Last! Change Your Carbs, Change Your Life With The FODMAP Elimination Diet, 2nd Edition



## Synopsis

IBS should not make you skip a beatâ "get your groove back! Tired of missing the fun because of your irritable bowel syndrome (IBS)? Confused about what to eat? Think youâ™re the only one who feels miserable while eating healthy foods like fruits, vegetables, beans, and yogurt? You are not alone. IBS affects up to 15% of teens and adults. If you could get your groove back in just a few weeks by trying a new kind of diet, would you do it? High-fiber diets for IBS are old school. It's time you learned about FODMAPs! IBSâ "Free at Last! has the latest on how foods you eat can cause your IBS symptoms. Registered dietitian Patsy Catsos spells out a diet program to help you find your FODMAP food triggers. Thousands of readers of the first edition of IBSâ "Free at Last! were the first to benefit. Now itâ™s your turn. Ms. Catsos translates the science of FODMAPs into practical information. This book contains your game plan for the FODMAP Elimination Diet, including menus, shopping lists, label reading tips, lists of low- and high-FODMAP foods, and a few recipes to help you get started! The new edition includes over 50 pages of new material: updates based on the latest research; more on coping with FODMAP intolerance and how to enjoy your favorite foods again; answers to over 100 of the best reader questions. IBSâ "Free at Last! Second Edition answers that all-important question: "What foods CAN I eat for my IBS?"

## Book Information

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## Customer Reviews

"IBS--Free at Last! is a must-read for anyone who thinks they have tried it all. This book truly is life-changing.Â Catsos' practical advice and realistic approach is inspiring and empowering; it offers the IBS-sufferer something that is so often elusive--hope!"--Niki Strealy, RD, LD, the Diarrhea

## Dietitian

Patsy Danehy Catsos is a registered dietitian in private practice; her special area of interest is gastrointestinal health. Her trailblazing book, *IBS--Free at Last!* (Pond Cove Press, 2009), introduced U.S. health care providers and consumers to FODMAP-restricted diet therapy for irritable bowel syndrome (IBS). Patsy is the editor of the blog [IBSfree.net](http://IBSfree.net), and an expert contributor to [Sharecare.com](http://Sharecare.com), an interactive social Q/A platform created by Jeff Arnold and Dr. Mehmet Oz in partnership with Harpo Studios, HSW International, Sony Pictures Television, and Discovery Communications. Ms. Catsos earned a B.S. in Nutritional Science from Cornell University and an M.S. in Nutrition at Boston University. She completed her internship at Boston's Beth Israel Hospital. She is a professional member of the Crohn's and Colitis Foundation of America and the Academy of Nutrition and Dietetics (formerly known as the American Dietetic Association); she is past-president of the Maine Dietetic Association.

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