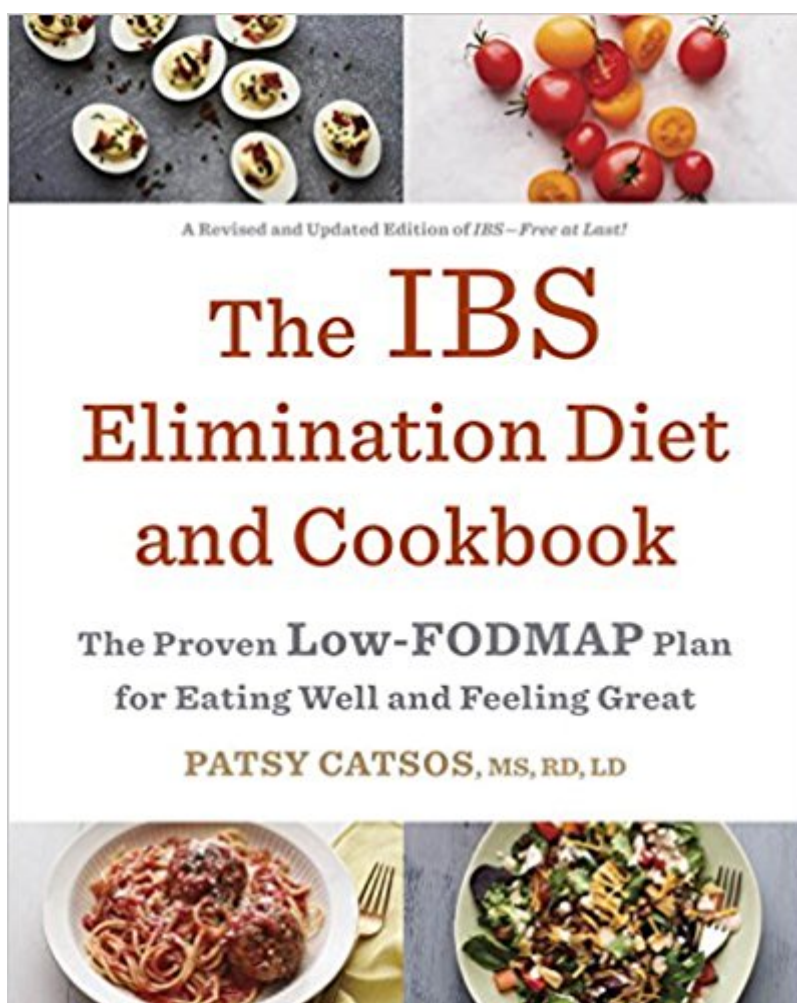


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# The IBS Elimination Diet And Cookbook: The Proven Low-FODMAP Plan For Eating Well And Feeling Great



## Synopsis

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.

## Book Information

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## Customer Reviews

"[T]horoughly researched and well-thought out and executed resource for patients and practitioners alike. I know I'll reference the book the next time I work with a client needing FODMAP restriction." -- Today's Dietitian "In this book, Patsy Catsos has done an exemplary

job of helping people both identify and then manage IBS. For some, this may be a miraculous shift. Thank you, Ms. Catsos, for your clear delivery, excellent organization and empathic writing style. Your book will be a blessing for many, and can also serve as a handy reference for the professional as well."

•Brenda Watson, CNC, New York Times bestselling author of *The Skinny Gut Diet*"As a digestive health dietitian and IBS expert, I can attest to the low FODMAP diet as an effective nutrition solution for the majority of those who suffer with IBS. The low FODMAP diet can truly be a life changer! Patsy Catsos unravels the complexities of the low FODMAP diet for the reader providing all the details of the low FODMAP elimination and re-introduction diet in this comprehensive guide. The Q and A format that Ms. Catsos provides throughout the book will answer all the reader's burning questions and more."

•Kate Scarlata, RDN, New York Times Bestselling Author and IBS Expert"Dietary triggers are the most notorious provocateurs of IBS symptoms. The *IBS Elimination Diet and Cookbook* by Patsy Catsos, a leading nutritionist and FODMAP expert, is a must-have survival guide. Her delightful book is an authoritative but user-friendly resource of how to use the right food as powerful medicine for IBS."

•Gerard E. Mullin, MD, Associate Professor of Medicine, The Johns Hopkins University School of Medicine, and author of *The Gut Balance Revolution*, *The Good Gut Guide* and *The Inside Tract*"Long a leader in IBS and low FODMAP education, Patsy Catsos dives deeper than ever before in this book, with up-to-date medical insight and real world strategies. This is an invaluable resource for my IBS patients."

•Miechelle O'Brien, MD, PhD, co-Founder TrueSelf Foods (Low-FODMAP Foods Made Easy)"Whether you're a health care professional or a consumer trying to filter through the flood of information on IBS, you definitely want to pick up a copy of *The IBS Elimination Diet and Cookbook*. Patsy does a wonderful job getting right down to exactly what you need to know to get your IBS symptoms under control with a nutritious and varied diet that is manageable and gets results. Beautifully referenced with a scientific based bibliography, you will find yourself coming back to this gem of a resource over and over!"

•Dr. Sheila Dean, DSc, RDN, CCN, CDE, IFMCP, Integrative & Functional Nutrition Academy, Co-Founder

PATSY CATSOS, MS, RD, LD, is a leader in the field of low-FODMAP diet. A nutritionist based in Portland, Maine, with a BS in nutrition from Cornell University and a master's degree in nutrition from Boston University, she completed her internship at Boston's Beth Israel Hospital and now maintains a private practice. She also speaks at conferences for other nutritionists and doctors. She was first to publish a book about the low-FODMAP diet, *IBS*.

•Free

At Last! in 2009. Before long, it was adopted not only by IBS sufferers, but by health care professionals and major medical centers. HerÃ A step-by-step elimination diet isÃ A updatedÃ A for ultimate usability and effectivenessÃ A in this new edition,Ã A The IBS Elimination Diet and Cookbook.Ã A ItÃ A helped set the standard of care for patients using diet, not medicine, and continues to be the most recommended by doctors. She lives in Portland, Maine, with her husband, Paul.Ã A [www.ibsfree.net](http://www.ibsfree.net)

Helpful

Lots of good information

Excellent - arrived in a few days. Very detailed breakdown of FODMAP 'How to's as hoped for.

As a Registered Dietitian Nutritionist (RDN) the latest edition of The IBS Elimination Diet and Cookbook by Patsy Catsos is a welcome edition to my teaching tools when working with clients with IBS and the low FODMAP diet. I am thrilled to recommend this book to all my clients with IBS who are struggling with symptoms and seeking relief. The book is laid out beautifully with easy to follow recipes and instructions on how to implement the Low FODMAP diet. A great book for beginners as well as seasoned dietitians. This book is my go-to resource for IBS. The authors reference list at the end of the book is extensive. The author has written a book which is clearly backed by science and evidence based nutrition practices.

While I think this could benefit from some more recipes, there are really a lot of great recipes in here and I appreciate the side by side comparison with a "regular" recipe and how to make it low-fodmap. It both helps to reinforce easy substitutions for me, but also allows me to simultaneously make something a little more normal for my family so they get what they need. I really can't recommend this book enough if you're new to eating this way. I sincerely wish I had this book when I first needed to do the elimination. I'm so glad I have this now for when I have a flare up and need to knock it back down again. It can seem so incredibly overwhelming and I know I'm not the only person who walked into a grocery store and nearly cried because I couldn't eat anything. This guide will help you learn what and how you can eat and the pain can and will subside. Eating doesn't have to hurt and be scary.

I am so impressed with this book. As a dietitian who specializes in the low FODMAP diet and a long time IBS suffer and modified low FODMAPer I feel that this book covers it all. I love your options for the reintroduction stages since this can be a challenging aspect to teach and move through. Your first book changed my life for the better and inspired me to educate providers and patients about the low FODMAP diet. I have been recommending this book on a regular basis and of course always encouraging working with a RD who specializes in this diet for the best outcome. Thanks for all you have done to bring the low FODMAP diet to the US. Your biggest fan, Vanessa Cobarrubia RDN

Eating well and feeling great captured my attention in this rather formidable title. Both of those outcomes are high on my agenda. IBS or Irritable bowel syndrome isn't something that I find folks discussing openly in group settings, but if it afflicts you or someone you know this is a book to have. Don't let that big title put you off. Catsos' plan may be able to help. That said, this will require some serious reading and planning to implement. IBS is uncomfortable, inconvenient, embarrassing, and bunch of other descriptions of that ilk. To have a means to leave that life and rejoin the "normals" might be worth it. This book explains the current thinking on the causes of IBS, its symptoms, and how to plan and implement a diet that can ease the distress of this syndrome. Some of it seems to fly in the face of current wisdom related to bowel health. The author realizes that and explains why that is the case. The happy part of all this study is that it isn't really all that bad once you begin to grasp that FODMAP acronym. Don't let it scare you off. It's just a way of classifying certain carbs that have been found to trigger symptoms. That's a bit more manageable for me. Carbs I get, although I wasn't aware of how varied they are. Then after becoming familiar with the lists she provides to identify some of the culprits or combination of culprits, you can start your own project of discovering what works best for you. Work your meals around that information and soon you'll be eating well and feeling great. Yes, there are some recipes and substitution lists to get you headed in the proper direction. Soups, veggies, main courses, desserts. Finally, there's bibliography and reading list if you want more or want to investigate her sources. When you've had enough of IBS this might be a great place to start to reclaim your life. I received this book from the publisher in exchange for a review.

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