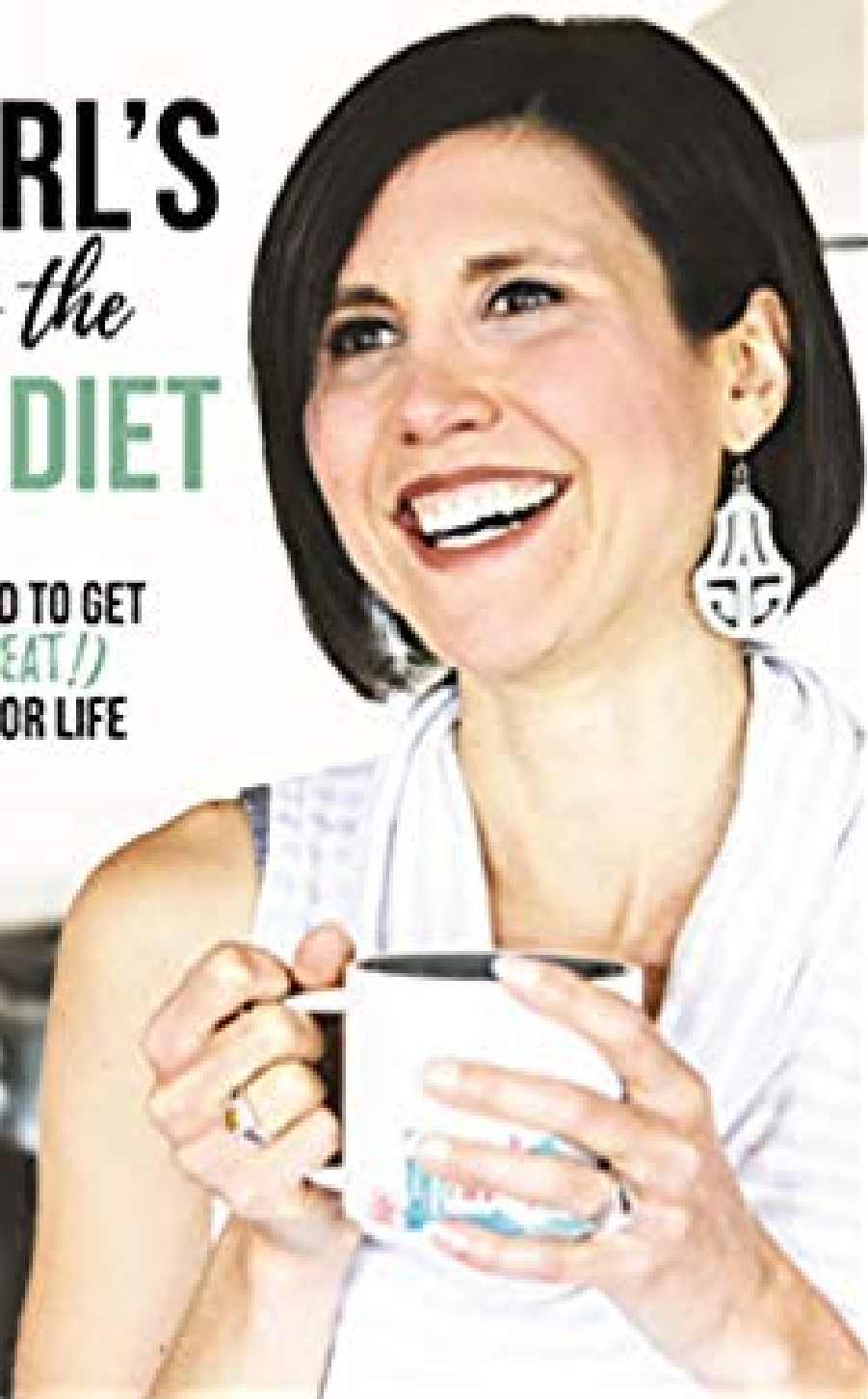


# *The* **COOL GIRL'S** *Guide to the* **FODMAP DIET**

EVERYTHING YOU NEED TO GET  
SAVVY ABOUT *(AND BEAT!)*  
DIGESTIVE ISSUES — FOR LIFE



## **DR. KRISTEN BENTSON**

"CHANGE YOUR MEALS, CHANGE YOUR LIFE"

Dr Kristen Bentson

## The Cool Girl's Guide to the Fodmap Diet: Everything You Need to Get Savvy about (and Beat!) Digestive Issues - For Life



[continue reading](#)

Change Your Meals, Change YOUR DAILY LIFE! Kristen Bentson brings her fresh perspective on how to live fabulously while controlling digestive symptoms naturally with the Low FODMAP Diet. Plus, she includes over 50 Elimination Phase Recipes (with accompanying pictures! You will discover yourself bloated and squeezing into slacks that constantly need to be unbuttoned, living in oversized t-shirts, rushing to the toilet, and sometimes, even curled up in a ball on the floor in discomfort. If digestive issues are (unfortunately) your thing and you're ready to make healthy happen, the reduced FODMAP approach to eating might be just what your body requires. You don't even actually know why. And, probably the most frustrating part of it all? Dr. Ever been told or think you might have an irritable bowel or IBS? She addresses all the topics people who have sensitive digestive systems desire to hear about probably the most including: how to get started with the Low FODMAP Diet, finding relief with the elimination stage, how to problem and reintroduce high FODMAP foods, what things to eat when eating out, easy to follow strategies for meal planning and preparing food, and total body wellness strategies. You'll discover ways to feel cooler, confident, healthier, and better. It's no laughing matter.) and Challenge Stage Go-To Food Tips. With these simple and easy low FODMAP meals, there is a delicious opportunity to obtain your body working out for you again. Hey, cool woman! Let's get started.



[continue reading](#)

The best answer to curing IBS I started working with Dr.! I have been suffering with stomach issues for quite a while and had noticed some Drs who never really diagnosed my concern. They gave me antibiotics and nothing at all was helping. Along comes Dr. Bentson and I explained all of my problems and she thought that I may possess Irritable Bowel Syndrome (IBS).She had been in the process of doing all her research for this incredible book that she was along the way of writing... I was looking for my life and health back again! Bentson for two months on her blog and facebook web page, I feel sooooo much better!In case you are suffering with the symptoms of IBS, this reserve will help you get your life back and health! It is full of recipes, beautiful illustrations therefore many answers to your questions!Just know that Dr. Bentson includes passion to greatly help and get rid of her many patients because she herself understands the discomfort and suffering associated with IBS!That is a book that needs to be in your life! Recommend it. This book changes your life!! Kristen Bentson about 14 months ago. I have been experiencing IBS since I was 16. After pursuing Dr. Since following this amazing new way of eating, I will have my health back, my clothes back (no more searching bloated and in discomfort on a regular basis)!.. Benson since I often cook for some of these people and its difficult to track whats alright and whats not really - her blog posts are excellent and the book is filled with so many easy dishes....it's a existence changer! Forget about bloating, gas, mad dashes to the bathroom. This book puts everything at your finger tips, such as explanations, tips, "do's and dont's" when FODMAPPING and best of all.recipes... They are simple and delicious. For the time being, she worked carefully with me on obtaining me on track with my diet plan and needs to figure out the solution.....Well, 14 months later, 32 lbs lighter, (I had not been in it for the weight loss although I required it)... It's a great and easy read, very informative and the photos are gorgeous! I don't think there's one recipe I will not try. They are an easy task to follow and the recipes I have attempted, are delicious! I highly recommend it! Bentson makes this changeover so much easier. Informative, Personal, Beautiful I'm in love with this publication.with photos! I have tried a few of the recipes.. Dr. ?? Great book! Her strategy is definitely warm, positive, and encouraging. New ideas, fresh info, delicious meals! Great simple recipes! I have some individuals in my life that have problems with IBS and was told to check out Dr.. You don't have to be an expert chef for these either - there are also some healthful, easy week evening dinners that are sure to make sure you a multitude of eaters - not just those with IBS/other digestive issues. Personal FODMAP approach Dr. Kristen Bentson reduces the apparently complicated FODMAP diet like it's basic addition. She unabashedly shares her personal insight. Easy to make foods! The book reads just like a conversation with your companion. I recommend it! Don't sleep on this! That you can do it! This is a wonderful book that takes an overwhelming subject and simplifies it so that you can successfully navigate it and change your life. The recipes provided are beautifully photographed and delicious!



[continue reading](#)

download The Cool Girl's Guide to the Fodmap Diet: Everything You Need to Get Savvy about (and Beat!) Digestive Issues - For Life ebook

download The Cool Girl's Guide to the Fodmap Diet: Everything You Need to Get Savvy about (and Beat!) Digestive Issues - For Life txt

[download The Autism Journey: A Parent's Guide: Empowering Your Child Toward Success One Step At A Time fb2](#)

[download free Wonder Widows: Three Grieving Widows Coming Together to Empower Women to Break the Silence of Widowhood epub](#)

[download Apple Cider Vinegar and Baking Soda 101 for Beginners fb2](#)