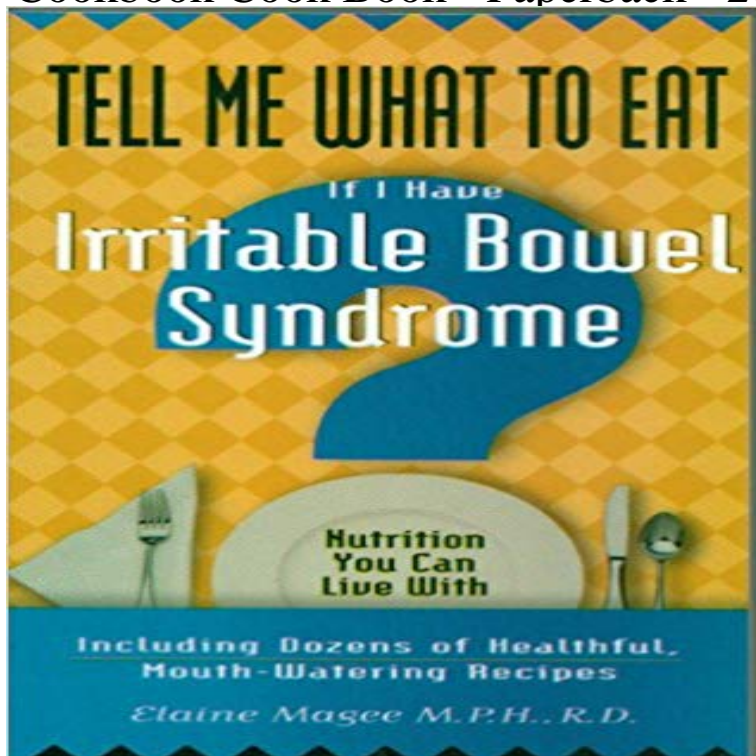


Tell Me What to Eat If I Have Irritable Bowel Syndrome - Nutrition You Can Live With - Including Dozens of Healthful, Mouth-Watering Recipes Cookbook Cook Book - Paperback - 2000 Edition



Author Elaine Magee give you all the information you can never seem to understand when the doctor rattles it off and she answers all those questions you keep forgetting to ask. Youll find a host of specific recommendations-what to eat, what to avoid, and how to incorporate these changes into your lifestyle. Includes an overview of IBS, healthful moth-watering recipes, plus supermarket and restaurant advise....i.e. nutrition you can live with.

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